



**Shots may hurt a little . . .  
but diseases can hurt a lot!**

**Call your doctor or nearest emergency department right away if you answer “yes” to any of the following questions:**

- Does your child have a temperature that your healthcare provider has told you to be concerned about?
- Is your child pale or limp?
- Has your child been crying for more than 3 hours and just won't quit?
- Does your child have a strange, high-pitched cry that isn't normal?
- Is your child's body shaking, twitching, or jerking?
- Does your child have a very noticeable decrease in activity or responsiveness?

# After the Shots . . .

## What to do if your child has discomfort

Your child may need extra love and care after getting shots. Many of the shots that protect children from serious diseases also can cause discomfort for a while. Here are answers to questions many parents have about the fussiness, fever, and pain their child may experience after they have been immunized.

### My child has been fussy since getting the shots. What should I do?

After vaccination, children may be fussy because of pain or fever. Follow your healthcare provider's instructions for giving pain- or fever-reducing medicine.

**Do not give aspirin.** If the fussiness lasts for more than 24 hours, call your doctor or the nearest hospital emergency department.

### My child's leg or arm is swollen, hot, and red. What should I do?

There are several things you can do to help make your child more comfortable.

- Apply a clean, cool, wet washcloth over the sore area, as needed, for comfort.
- If there is increasing redness or tenderness after 24 hours, call your doctor or the nearest hospital emergency department.
- Follow your healthcare provider's instructions for giving pain- or fever-reducing medicine. **Do not give aspirin.**

### I think my child has a fever. What should I do?

Check your child's temperature to find out if there is a fever. An easy way to do this is by taking a temperature in the armpit using an electronic thermometer (or use the method of temperature-taking your doctor or nurse recommends). Here are some things you can do to help reduce the fever:

- Give your child plenty to drink.
- Dress your child lightly. Do not cover or wrap your child tightly.
- Sponge your child in a few inches of lukewarm (not cold) bath water.
- Give fever- or pain-reducing medicine based on your child's weight, according to your healthcare provider's instructions (see box below). **Do not give aspirin.**

Recheck your child's temperature after 1 hour. Continue to give the medicine for 1–3 days, as needed, based on the instructions written below (if none are written, follow the dosing instructions on the package).

### My child seems really sick. Should I call the doctor?

If you are worried **at all** about how your child looks or feels, call your healthcare provider or the nearest hospital emergency department!

#### Healthcare provider: please fill in the information below:

If your child's temperature is \_\_\_\_\_ °F (°C) or higher or if you have any questions, call our office. Our phone number is: \_\_\_\_\_

#### Recommended fever- or pain-reducing medication:

Product name and description \_\_\_\_\_

Advised amount \_\_\_\_\_

How often \_\_\_\_\_