

After the Shots

What to do if your child has discomfort



Your child may need extra love and care after getting vaccinated. Some vaccinations that protect children from serious diseases also can cause discomfort for a while. Here are answers to questions many parents have after their children have been vaccinated.

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

Check your child's temperature to find out if there is a fever. Do not use a mercury thermometer. If your child is younger than 3 years of age, taking a temperature with a rectal digital thermometer provides the best reading. Once your child is 4 or 5 years of age, you may prefer taking a temperature by mouth with an oral digital thermometer. Tympanic thermometers, which measure temperature inside the ear, are another option for older babies and children. If your child is older than 3 months of age, you can also take an underarm (axillary) temperature, although it is not as accurate.

Here are some things you can do to help reduce fever:

- Give your child plenty to drink.
- Clothe your child lightly. Do not cover or wrap your child tightly.
- Give your child a fever-reducing medication such as acetaminophen (e.g., Tylenol®) or ibuprofen (e.g., Advil®, Motrin®). Do not give aspirin. Recheck your child's temperature after one hour.
- Sponge your child in 1 to 2 inches of lukewarm water.
- If your child's temperature is 101°F or higher or, if you have questions, call us.

My child has been fussy since getting vaccinated. What should I do?

After vaccination, children may be fussy due to pain or fever. You may want to give your child a medication such as acetaminophen (e.g., Tylenol®) or ibuprofen (e.g., Advil®, Motrin®) to reduce pain and fever. Do not give aspirin. If your child is fussy for more than 24 hours, call us.

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

- Apply a clean, cool, wet washcloth over the sore area for comfort.
- For pain, give a medication such as acetaminophen (e.g., Tylenol®) or ibuprofen (e.g., Advil®, Motrin®). Do not give aspirin.
- If the redness or tenderness increases after 24 hours, call us.

My child seems really sick. Should I call?

If you are worried at all about how your child looks or feels, call us.

Check the back of this page for information on the proper medication dosage you can give your child to reduce pain or fever.

If this sheet doesn't answer your questions, call our office at (803) 359-8855.

Call us right away if you answer "yes" to any of the following questions:

- *Does your child have a temperature about which your health care provider has told you to be concerned?*
- *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 cry that isn't normal (a highpitched cry)?*
- *Is your child's body shaking, twitching, or jerking?*
- *Does your child have marked decrease in activity or decrease in responsiveness?*

(803) 359-8855



A Lexington Medical Center Physician Practice



Medications and Dosages to Reduce Pain and Fever

1. Ask your health care provider or pharmacist which formulation is best for your child.
2. Give dose based on your child's weight. If you don't know the weight, give dose based on your child's age. Do not give more medication than recommended.
3. If you have questions about dosing or any other concern, call us.
4. Always use a proper measuring device. When giving infant drops, use only the dosing device (dropper or syringe) enclosed in the package. When giving children's suspension or liquid, use the dosage cup enclosed in the package. If you misplace the dosage cup, consult your health care provider or pharmacist for advice. Kitchen spoons are not accurate measures.
5. **WARNING:** If you're also giving your child over-the-counter (OTC) medications such as cold preparations, be aware that these may contain pain or fever reducers such as acetaminophen or ibuprofen. Be sure to read all OTC medication labels carefully to ensure your child is not receiving more acetaminophen or ibuprofen than recommended.

Acetaminophen <i>Give every 4 – 6 hours, as needed, no more than five times in 24 hours, unless directed otherwise by a physician.</i>				
Weight of Child	Age of Child	Infant or Children's Liquid or Suspension with slide syringe 1 tsp (5mL) = 160 mg	Children's Tablets 1 tablet = 80 mg	Junior Strength 1 tablet = 160 mg
6 – 11 lbs./2.7 – 5 kg	0 – 3 mos.	¼ teaspoon, 40 mg or 1.25 mL		
12 – 17 lbs./5.5 – 7.7 kg	4 – 11 mos.	½ teaspoon, 80 mg or 2.5 mL		
18 – 23 lbs./8.2 – 10.5 kg	12 – 23 mos.	¾ teaspoon, 120 mg or 3.75 mL		
24 – 35 lbs./10.9 – 15.9 kg	2 – 3 years	1 teaspoon, 160 mg or 5 mL	2 tablets	
36 – 47 lbs./16.4 – 21.4 kg	4 – 5 years	1 ½ teaspoon, 240 mg or 7.5 mL	3 tablets	
48 – 59 lbs./21.8 – 26.8 kg	6 – 8 years	2 teaspoons, 320 mg or 10 mL	4 tablets	2 tablets
60 – 71 lbs./27.3 – 32.3 kg	9 – 10 years	2 ½ teaspoons, 400 mg or 12.5 mL	5 tablets	2 ½ tablets
72 – 95 lbs./32.7 – 43.2 kg	11 years	3 teaspoons, 480 mg or 15 mL	6 tablets	3 tablets

Ibuprofen <i>Give every 6 – 8 hours, as needed, no more than four times in 24 hours, unless directed otherwise by a physician.</i>					
Weight of Child	Age of Child	Infant Drops 1.25 mL=80 mg	Children's Liquid or Suspension 1 tsp (5mL) = 100 mg	Children's Tablets 1 tablet = 50 mg	Junior Strength 1 tablet = 100 mg
under 11 lbs./5 kg	under 6 mos.	not recommended	not recommended	not recommended	not recommended
12 – 17 lbs./5.5 – 7.7 kg	6 – 11 mos.	1.25 mL			
18 – 23 lbs./8.2 – 10.5 kg	12 – 23 mos.	1.875 mL			
24 – 35 lbs./10.9 – 15.9 kg	2 – 3 years		1 teaspoon or 100 mg	2 tablets	
36 – 47 lbs./16.4 – 21.4 kg	4 – 5 years		1 ½ teaspoon or 150 mg	3 tablets	
48 – 59 lbs./21.8 – 26.8 kg	6 – 8 years		2 teaspoons or 200 mg	4 tablets	2 tablets
60 – 71 lbs./27.3 – 32.3 kg	9 – 10 years		2 ½ teaspoons or 250 mg	5 tablets	2 ½ tablets
72 – 95 lbs./32.7 – 43.2 kg	11 years		3 teaspoons or 300 mg	6 tablets	3 tablets

Information provided by the Immunization Action Coalition • www.immunize.org