

# After the Shots...

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. If this sheet doesn't answer your questions, call your healthcare provider.

**Vaccinations may hurt a little... but disease can hurt a lot!**

**Call your healthcare provider or emergency services 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 stop?
- Is your child's body shaking, twitching, or jerking?
- Is your child very noticeably less active or responsive?

- ▶ Please see page 2 for information on the proper amount of medicine to give your child to reduce pain or fever.

## What to do if your child has discomfort

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

- ▶ A fever means the child's immune system is "turned on." This may be because the vaccine is working or because the child has an infection.
- ▶ Check your child's temperature. Use the thermometer's instructions or see "How to Check Your Child's Temperature" on [healthychildren.org](http://healthychildren.org)
- ▶ A temperature of 100.4° Fahrenheit (38° Celsius) or higher is a fever.

### Medicines for fever or discomfort:

- ▶ These medicines help with fever and discomfort:
  - Ibuprofen (brand names Advil, Motrin) – lasts about 6 hours
  - Acetaminophen (brand name Tylenol) – lasts about 4 hours
  - **Do not give aspirin to children or teens younger than 18 years!**
- ▶ The medicine dose should be based on your child's weight and your healthcare provider's instructions; see the information below and the charts on page 2.

### Here are more ways to help reduce fever:

- ▶ Give your child plenty to drink.
- ▶ Dress your child lightly. Do not cover or wrap your child tightly.

### Here are more ways to help with a swollen, hot, and red limb:

- ▶ Put a clean, cool, wet washcloth over the sore area for comfort. Do this for 10 minutes 3 times per day.
- ▶ Check the site each day. If it's not improving after 1–2 days, call your healthcare provider.

### If your child seems really sick:

- ▶ This sheet cannot substitute for medical advice. If your child seems very ill, seek medical advice from your healthcare provider.

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**HEALTHCARE PROVIDER:** PLEASE FILL IN THE INFORMATION BELOW.

If your child's temperature is \_\_\_\_\_°F or \_\_\_\_\_°C or higher, or if you have questions, call your healthcare provider.

Healthcare provider phone number \_\_\_\_\_

Medication (if needed) \_\_\_\_\_  
NAME OF MEDICATION/TYPE OF FORMULATION

Give \_\_\_\_\_ every \_\_\_\_\_ hours as needed.



# Medicines and Doses to Reduce Pain and Fever

## Choose the proper medicine, and measure the dose accurately.

1. If your infant has a fever in the first 12 weeks of life, contact your healthcare provider.
2. Do not use acetaminophen (e.g., Tylenol) in infants younger than 12 weeks or ibuprofen (e.g., Advil, Motrin) in infants younger than 6 months unless your healthcare provider tells you to.
3. Ask your healthcare provider or pharmacist which medicine is best for your child and what dosage to use.
4. Give the dose based on your child's weight. If you don't know your child's weight, give the dose based on your child's age. Do not give more medicine than is recommended.
5. If you have questions about dosage amounts or any other concerns, call your healthcare provider or pharmacist.

6. Always use a proper measuring device when giving acetaminophen liquid or ibuprofen liquid (e.g., Advil, Motrin):
  - Use the device enclosed in the package. If that device is lost, consult your healthcare provider or pharmacist for advice.
  - Meal-time spoons are not accurate measures. Do not use a meal-time spoon for giving medication.

## Take these two steps to avoid causing a serious medication overdose in your child.

1. Don't give your child a larger amount of acetaminophen or ibuprofen than is shown in the table below. Too much of any of these medicines can be dangerous.
2. When you give your child acetaminophen or ibuprofen, don't also give them over-the-counter cough or cold medicines. This can cause a medication overdose because cough and cold medicines often contain acetaminophen or ibuprofen.

## ACETAMINOPHEN (Tylenol or other brand\*): How much to give?

Give every 4 to 6 hours, as needed, do not give more than 4 doses in 24 hours (unless directed by your healthcare provider).

Child's weight	Child's age	Infant's liquid 160 mg/5 mL	Children's liquid 160 mg/5 mL	Children's chewables 160 mg/tablet	Children's Dis-solvable Packets 160 mg/powder pack	Adult's Tablets 325 mg/tablet	Adult's Tablets 500 mg/tablet
0 to 11 lbs (up to 5 kg)	0 to 3 mos	—	—	—	—	—	—
12 to 17 lbs (6 to 7 kg)	4 to 11 mos	2.5 mL	—	—	—	—	—
18 to 23 lbs (8 to 10 kg)	12 to 23 mos	3.75 mL	—	—	—	—	—
24 to 35 lbs (11 to 15 kg)	2 to 3 yrs	—	5 mL	1 tablet	—	—	—
36 to 47 lbs (16 to 21 kg)	4 to 5 yrs	—	7.5 mL	1½ tablets	—	—	—
48 to 59 lbs (22 to 26 kg)	6 to 8 yrs	—	10 mL	2 tablets	2 packets	1 tablet	—
60 to 71 lbs (27 to 32 kg)	9 to 10 yrs	—	12.5 mL	2½ tablets	2 packets	1 tablet	—
72 to 95 lbs (33 to 43 kg)	11 yrs	—	15 mL	3 tablets	3 packets	1½ tablets	1 tablet
96 lbs (44 kg) or more	12 yrs or older	—	10 mL + 10 mL = 20 mL	4 tablets	—	2 tablets	1 tablet

\* This table only includes products widely available in the United States.  
Reference: <https://www.healthychildren.org/English/safety-prevention/at-home/medication-safety/Pages/Acetaminophen-for-fever-and-pain.aspx>

## IBUPROFEN (Advil, Motrin, or other brand\*): How much to give?

Give every 6 to 8 hours, as needed, do not give more than 4 doses in 24 hours (unless directed by your healthcare provider).

Child's weight	Child's age	Infant's drops 50 mg/1.25 mL	Children's liquid 100 mg/5 mL	Children's chewable tablets 50 mg/tablet	Junior strength tablets 100 mg/tablet	Adult strength tablets 200 mg/tablet
0 to 11 lbs (up to 5 kg)	0 to 5 mos	—	—	—	—	—
12 to 17 lbs (6 to 7 kg)	6 to 11 mos	1.25 mL	2.5 mL	—	—	—
18 to 23 lbs (8 to 10 kg)	12 to 23 mos	1.875 mL	4 mL	—	—	—
24 to 35 lbs (11-15 kg)	2 to 3 yrs	2.5 mL	5 mL	2 tablets	—	—
36 to 47 lbs (16 to 21 kg)	4 to 5 yrs	3.75 mL	7.5 mL	3 tablets	—	—
48 to 59 lbs (22 to 26 kg)	6 to 8 yrs	5 mL	10 mL	4 tablets	2 tablets	1 tablet
60 to 71 lbs (27 to 32 kg)	9 to 10 yrs	—	12.5 mL	5 tablets	2½ tablets	1 tablet
72 to 95 lbs (33 to 43 kg)	11 yrs	—	15 mL	6 tablets	3 tablets	1½ tablets
96 lbs (44 kg) or more	12 yrs or older	—	10 mL + 10 mL = 20 mL	8 tablets	4 tablets	2 tablets

\* This table only includes products widely available in the United States.  
Reference: <https://www.healthychildren.org/English/safety-prevention/at-home/medication-safety/Pages/Ibuprofen-for-fever-and-pain.aspx>