What helps a sore arm or leg?
- Cuddle your child
- Hold your child sitting up
- Apply a clean, cool, wet washcloth to the sore area

Fever medicine helps: fever, fussiness, sore arms or legs

Fever medicine names

<table>
<thead>
<tr>
<th>Acetaminophen</th>
<th>Ibuprofen</th>
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</tr>
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<td>Store brand</td>
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</table>

Give medicine safely
- Read the package instructions for how much (i.e., dose) to give your child
- Give the medicine as directed on label
- Use only one type of fever medicine at a time, unless directed by your doctor

ALERT: ASA (e.g. Aspirin®) should never be given to any child under 18 years of age due to the risk of Reye Syndrome.

Your Family Doctor is a good number to call:

HealthLink BC
- Call 8-1-1 (always open)
- Translation help if needed

Visit www.immunizebc.ca for all your immunization information needs.

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If you have any concerns about your child's health, call your doctor, public health nurse or call HealthlinkBC Nurse Line 811

Will my child have any side effects after their shots?
- Some children may feel mild discomfort after getting a shot.
- This may last 1 to 2 days.
- Serious side effects are very rare.

Common:
- Redness, pain, and swelling where the shot was given
- Fever 1 to 2 days after the shot, lasting 1 to 2 days
- Cranky, fussy, irritable
- After Flumist® (nose spray) vaccine, nasal congestion and runny nose

Possible side effects:
- After oral rotavirus vaccine: diarrhea, stomach pain, gas
- After MMR or chickenpox vaccine: fever, rash or both may appear up to several weeks after the shot
- Sometimes a painless lump may appear at the shot/injection site and can last from 1 to 4 weeks but will eventually go away

Do you think your child has a fever?
- It's important to measure your child’s temperature. Don’t guess!
- Digital thermometers are best.
- Try to have your child calm before taking a temperature.
- Use the armpit, it is safest for babies and children up to 5 years of age

Check every 4 hours!
- Write down time & temperature
- *If your child is under 3 months of age ➔ Please call a healthcare professional

Temperature Chart below is based on armpit readings that are lower than a temperature taken by mouth.

<table>
<thead>
<tr>
<th>Temperature</th>
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<tr>
<td>No Fever/Normal Range</td>
<td></td>
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<tr>
<td>36.5°C – 37.5°C</td>
<td></td>
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<tr>
<td>(97.8°F – 99.5°F)</td>
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5 Steps to Manage a Fever

1. Keep your child cool
   - Remove extra layers of clothing, dress lightly
   - Do not wrap your child in a blanket
   - Keep room cool and use a fan

2. Give your child more fluids to drink
   (infants ➔ add extra breast or formula feeds)

3. Give your child fever medicine as per instructions on medication label

4. Sponge child with a damp, cool to warm cloth over the face, body, legs and arms

5. Call your doctor immediately or go to your local hospital emergency room

Call 911 NOW if you see your children has the following:
- Trouble breathing or swallowing
- Swelling of face, lips, or tongue

See a doctor right away if your child has any of these problems:
- Any fever in an infant 0 to 3 months old
- A high fever or any fever lasting more than 48 hours
- Weakness and looks pale or sick
- Increased sleepiness and your infant or child does not wake to eat
- Persistent crying that lasts more than 3 hours
- A strange, different or unusual cry
- Hives (raised, red or pink spots on skin)
- Seizure or convulsions (shaking, twitching or jerking body motions)
- Swollen tummy, repeated vomiting or bloody stools

Side effects to call about:
- Severe pain
- A body rash lasting one or more days
- Problems at the shot/injection site:
- A large, red area that is bigger than the size of an apple
- Redness and swelling extending past a joint (shoulder, elbow, knee or hip)
- Red area that gets bigger after 24 hours
- Trouble moving the arm or leg

Write down what you see.