

## 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

### Acetaminophen

- Tylenol
- Tempra
- Panadol
- Store brand

### Ibuprofen

- Children's Advil or Motrin
- Store brand

## 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](http://www.immunizebc.ca) for all your immunization information needs.

## Public Health Nurses provide immunization advice and services. Call a nurse near you.

### RICHMOND

Community & Family Health  
8100 Granville Ave  
604-233-3150

### VANCOUVER

Three Bridges  
1128 Hornby St  
604-331-8903  
Robert and Lily Lee  
1669 East Broadway  
604-675-3980

Evergreen  
3425 Crowley Drive  
604-872-2511

Raven Song  
#200-2450 Ontario St  
604-709-6400

Pacific Spirit  
2110 West 43rd Ave  
604-261-6366

South  
6405 Knight St  
604-321-6151

### NORTH SHORE

132 West Esplanade  
North Vancouver  
604-983-6700

### POWELL RIVER

3rd Flr, 5600 Joyce Ave  
Powell River Gen. Hosp.  
604-485-3310

### SUNSHINE COAST

Pender Harbour  
5066 Francis Peninsula Rd  
604-883-2764

Sechelt  
5571 Inlet Ave  
604-885-5164

Gibsons  
821 Gibsons Way  
604-984-5070

### SEA TO SKY

Squamish  
1140 Hunter Place  
604-892-2293

Whistler  
#202-4380 Lorimer Rd  
604-932-3202

Pemberton  
1403 Portage Rd  
604-894-6967

### CENTRAL COAST

Bella Coola Public Health  
1025 Elcho St  
250-799-5722

Nuxalk Health & Wellness  
500 Highway 20  
Bella Coola  
250-799-5441

Heiltsuk Health Centre  
212 Wabalisa St  
Bella Bella  
250-957-2308

# Caring for Your Child After Immunization

## Read this pamphlet to learn about:

- Common immunization side effects
- What to do if your child has a fever
- When to seek medical help
- Who to call if you have questions

For more copies, go online at <http://vch.eduhealth.ca> or email [phem@vch.ca](mailto:phem@vch.ca) and quote Catalogue No. **FG.150.5C18**  
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[www.vch.ca](http://www.vch.ca)

**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

**No Fever/Normal Range**  
36.5°C – 37.5°C  
(97.8°F – 99.5°F)

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

### 5 Steps to Manage a Fever

**Low Fever**  
37.5°C – 38°C  
(99.5°F – 100.4°F)

- 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)

**Fever**  
Over 38°C – 38.9°C  
(Over 100.4°F – 102°F)

- 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**

**High Fever**  
38.9°C or higher  
(102°F or higher)

- 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.*