



## Post Vaccine Care

*Pediatric Patient Education Handout*

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### What Parents & Caregivers Need to Know

Vaccines help protect your child from serious illnesses. Most children have mild, short-term side effects that go away on their own within a few days.

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### Common Side Effects

These are normal signs that the body is building protection:

- Soreness, redness, or swelling at the injection site
- Low-grade fever
- Fussiness or irritability
- Tiredness
- Decreased appetite
- Mild headache or body aches (older children/teens)

Symptoms usually improve within 24–72 hours.

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### How to Help Your Child Feel Better

#### Comfort Measures

- Offer extra cuddling, rest, and fluids
- Dress your child in lightweight clothing
- Encourage normal activity as tolerated

#### Injection Site Care

- A cool compress can reduce soreness and swelling
- Gently move the arm or leg to prevent stiffness
- Keep the area clean and dry

## Fever or Pain

- Acetaminophen (Tylenol®) or ibuprofen (Motrin®/Advil®) may be used *if needed*
  - Use the correct dose for your child's weight
  - Do not give aspirin
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## When to Call Your Pediatric Provider

### Call if your child has:

- Fever lasting more than 48 hours
  - Severe pain, redness, or swelling that keeps getting worse after day 2
  - Injection site redness larger than 3 inches
  - Persistent crying for more than 3 hours
  - Worsening symptoms instead of improvement
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## Get Emergency Care Immediately If

### Although rare, seek urgent care if your child has:

- Trouble breathing or swallowing
- Swelling of the face or lips
- Hives or widespread rash
- Severe weakness or unresponsiveness
- High fever ( $\geq 104^{\circ}\text{F} / 40^{\circ}\text{C}$ )

These symptoms usually occur within minutes to hours after vaccination.

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## Important Reminders

- Mild reactions are normal and expected
  - Serious reactions are very rare
  - Vaccines protect not only your child, but also your family and community
  - Keep a record of your child's vaccines for school and future visits
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## Remember

Vaccines are one of the safest and most effective ways to keep your child healthy. If you have any concerns after vaccination, please contact your pediatric provider.