

## 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

## Your Family Doctor is a good number to call:

### HealthLink BC - Call 8-1-1

- Open 24 hours
- Translation services available

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.  
604-331-8900

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  
250-957-5441

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

*Promoting wellness. Ensuring care.*

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 side effects:

- Redness, pain, and swelling where the shot was given
- Fever 1 to 2 days after the shot, that can last 1 to 2 days
- Cranky, fussy, irritable
- After Flumist® (nasal 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 temperatures taken by mouth.

## No Fever/Normal Range

36.5°C – 37.5°C  
(97.8°F – 99.5°F)

## 5 Steps to Manage a Fever

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

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

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

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

Reference: Canadian Paediatric Society-[www.cps.ca](http://www.cps.ca)

## 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 > 48 hrs
- Weakness and looks pale or sick
- Increased sleepiness and your infant or child does not wake to eat
- Persistent crying that lasts > 3 hrs
- 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 hrs
  - Trouble moving the arm or leg.

*Write down what you see!*