

After the Shots... Older Children and Teens

Your child may need extra loving care after getting vaccinated. Some vaccinations that protect against serious diseases can cause discomfort for a short time. The following is a summary of typical vaccines given to older children and teens, and some possible reactions that your child may experience. For more specific information, please refer to the Vaccine Information Statement(s) (VIS) given to you by your provider.

✓	VACCINE	NORMAL REACTIONS
	Varicella (Chicken Pox) MMR (Measles, Mumps, Rubella)	Reactions are more likely after the first dose than after the second. Fever, soreness, swelling, and mild rash at the injection site may occur. These reactions may last 2 days or longer, and can occur up to 2-3 weeks after vaccination.
	Hepatitis A Hepatitis B	Soreness at injection site, headache, loss of appetite, tiredness
	HPV	Pain, redness and swelling at injection site, fever, fainting*
	Meningococcal	Pain and redness at injection site, fever
	Tdap	Pain, redness and swelling at the injection site are most common. Occasionally, adolescents can experience fever, headache, tiredness, nausea, vomiting, stomach ache, diarrhea, and body aches.
	Influenza	Pain, redness and swelling at the injection site are most common. Some people may have fever, aches, hoarseness, cough, or sore/red or itchy eyes

*Brief fainting spells and related symptoms (such as jerking movements) can happen after any medical procedure, including vaccination. Sitting or lying down for about 15 minutes after a vaccination can help prevent fainting and injuries caused by falls. Tell your provider if your child feels dizzy or light-headed, or has vision changes or ringing in the ears.

If you are worried at all about how your child looks or feels, call a healthcare provider.
For general non-emergency advice call The Children's Hospital Nurse Advice Line at 720-777-0123.

Call your primary care provider or seek medical attention if you notice any of the following:

- Any unusual condition, such as a high fever or behavior changes.
- Signs of a serious allergic reaction, including difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness.

General tips to reduce discomfort after shots:

- Make sure your child moves arms throughout day
- For Tdap, Meningococcal and HPV vaccines, have child gently rub/massage injection area with clean hands
- Drink plenty of water
- Place a cool compress on injection site
- Use ibuprofen or acetaminophen for pain or fever (see back for dosing guide)



**Jefferson County
Public Health**

303-232-6301
www.jeffco.us/health
Open Monday - Friday 8:00 am to 5:00 pm

If your child experiences a severe reaction to a vaccine, do the following AFTER receiving any necessary medical care:
-Ask your doctor, nurse or health department to report the reaction on filing a Vaccine Adverse Event Reporting System (VAERS) form.
-You may also file this report through the VAERS website at www.vaers.hhs.gov, or by calling 1.800.822.7967. VAERS does not provide medical advice.

Immunization Action Coalition

Medicines and Dosages to Reduce Pain and Fever

Choose the proper medicine, and measure the dose accurately. **DO NOT GIVE ASPIRIN.**

- For children age 6 through 11 years, it is most accurate to give this medication according to weight (See table below). If you don't know your child's weight, give the dose based on your child's age. The dose is standardized for all children age 12 and over.

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



- Don't give your child a larger amount of acetaminophen (e.g. Tylenol) or ibuprofen (e.g. Motrin, Advil) than is shown in the table below. Too much of any of these medicines can cause an overdose.
- When you give your child acetaminophen or ibuprofen, don't also give them over-the-counter (OTC) cough or cold medicines. This can also cause a medication overdose because cough and cold medicines often contain acetaminophen or ibuprofen.

If you have questions about dosage amounts or any other concerns, call your child's primary care provider.

Acetaminophen (Tylenol or another brand): How much to give?

Give every 4 to 6 hours, as needed, no more than 5 times in 24 hours (unless directed to do otherwise by your child's primary care provider).

Child's weight	Child's Age	Children's Liquid 160 mg in 5 mL (1 tsp) Kitchen spoons are <i>not</i> accurate measures	Children's tablets 80 mg in each tab	Junior Strength 160 mg in each tab	Regular (Adult) Strength 325 mg in each tab
48–59 lbs (21.8–26.8 kg)	6-8 yrs	2 tsp or 10 mL (320 mg)	4 tablets	2 tablets	Not advised
60–71 lbs (27.3–32.3 kg)	9-10 yrs	2 ½ tsp or 12.5 mL (400 mg)	5 tablets	2 ½ tablets	Not advised
72–95 lbs (32.7-43.2 kg)	11 yrs	3 tsp or 15 mL (480 mg)	6 tablets	3 tablets	Not advised
N/A- see age indication	12 yrs and older	Not advised	Not Advised	Not advised	1-2 tablets

If using "extra-strength" acetaminophen (500 mg per tablet) for children 12 years and older, give 1 to 2 tablets every 6 hours as needed. For all children age 12 and over, do not give more than 4000 mg (for example, eight 500-mg tablets) in 24 hours.

Ibuprofen (Advil, Motrin, or another brand): How much to give?

Give every 6 to 8 hours, as needed, no more than 4 times in 24 hours (unless directed to do otherwise by your child's primary care provider).

Child's weight	Child's Age	Children's Liquid 100 mg in 5 mL (1 tsp) Kitchen spoons are <i>not</i> accurate measures	Junior Strength 100 mg in each tab	Regular (Adult) Strength 200 mg in each tab
48–59 lbs (21.8–26.8 kg)	6-8 yrs	2 tsp or 10 mL (200 mg)	2 tablets	Not advised
60–71 lbs (27.3–32.3 kg)	9-10 yrs	2 ½ tsp or 12.5 mL (250 mg)	2 ½ tablets	Not advised
72–95 lbs (32.7-43.2 kg)	11 yrs	3 tsp or 15 mL (300 mg)	3 tablets	Not advised
N/A- see age indica- tion	12 yrs and older	Not advised	Not advised	1-2 tablets

Consult a doctor for dose guidance if using tablets containing more than 200 mg per tab. Unless directed to do otherwise, for children 12 years and older, **do not give more than 1200 mg (for example, six 200-mg tablets) in 24 hours.**