

Care after immunization: School-age children & teens

Learn what to expect over the next few days and how to care for your child

Side effects your child might have after some vaccines



Tiredness and headache



Nausea, vomiting, and diarrhea



Fever, chills, and shivering

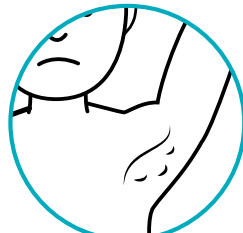


Muscle and joint soreness



Pain, redness, and swelling where the vaccine was given

For COVID-19 vaccines: can occur up to 7 days after



After COVID-19 vaccines: swollen lymph nodes under armpit



After the nasal spray influenza (flu) vaccine: nasal congestion and runny nose



After MMR and varicella vaccines: fever, rash, and other side effects may occur about 1-2 weeks after immunization

Most side effects are mild and go away after 1-2 days

For vaccine-specific side effects, read the HealthLinkBC Files found at immunizebc.ca/immunization-schedules/school-age

See next pages for:

How can I help my child feel better?

Medicines to help

When to seek medical attention



Available in 体中文 (Simplified Chinese), 繁體中文 (Traditional Chinese), فارسی (Farsi), 한국어 (Korean), ਪੰਜਾਬੀ (Punjabi), and other languages

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How can I help my child feel better?



For pain and swelling where the vaccine was given:

- ✓ Apply a cool, wet cloth or wrapped ice pack over the area.
- ✓ Have your child move their arm several times a day.
- ✓ Try an over-the-counter medicine to help reduce discomfort (*see below*).



For fever:

- ✓ Have your child get lots of rest.
- ✓ Encourage your child to drink lots of fluids.
- ✓ Have your child dress lightly.
- ✓ Try over-the-counter medicine to help bring down the fever and reduce discomfort (*see below*).

Body Site	Normal Range	Fever
armpit	36.5-37.5 °C	≥ 37.6 °C
mouth*	35.5-37.5 °C	≥ 37.6 °C
ear	35.8-38 °C	≥ 38.1 °C
rectal (bum)**	36.6-38 °C	≥ 38.1 °C

Note: Measurements from forehead thermometers can be inaccurate.

*Do not use for children under 5 years of age.

**Only use a rectal thermometer if you are comfortable doing so and a health care provider has shown you how to use it safely.

Medicines to help with fever and pain

Medicine is not always needed to reduce a fever. It can be used to relieve aches and pains and to make your child more comfortable.

You can give these over-the-counter medicines:

- ✓ **Acetaminophen**, such as Tylenol®.
- ✓ **Ibuprofen**, such as Advil®.

Safety tips when using over-the-counter medicine:

- ✓ Always follow the directions on the label. Do not give more than the recommended amount.
- ✓ Do not give ASA (Aspirin®) to anyone younger than 18 years of age.

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When to seek medical attention

Serious side effects are very rare. But if they do happen, it's important to act.

Seek medical attention right away if your child has:

- ✓ Signs or symptoms of a severe allergic reaction (for example, hives, difficulty breathing, or swelling of the throat, tongue, or lips). If this happens after you leave the clinic, call 911 or your local emergency number.
- ✓ A seizure. Call 911 if the seizure lasts more than 3 minutes.
- ✓ A fever lasting more than 3 days. Sometimes, fever can be an early sign of an illness that is not related to the vaccine.
- ✓ Received a COVID-19 vaccine and has chest pain, shortness of breath, or feeling of a fast-beating, fluttering, or pounding heart.
- ✓ Any other worrisome signs or symptoms (for example, is dehydrated, difficult to wake, very pale, very weak, or has severe vomiting or diarrhea).

Report any serious and/or unexpected side effects after immunization to your immunization provider/clinic or health care provider.



Find your child's immunization record at
healthgateway.gov.bc.ca