

Post-immunisation guide for parents



Practical advice on helping your child
stay happy, comfortable and relieved from pain & fever

**Calpol contains Paracetamol.
ALWAYS READ THE LABEL**

Produced by the Makers of





Guiding you through your child's post-immunisation phase

This leaflet has been developed to give you practical advice about helping your child stay happy, comfortable and relieved from pain and fever after they have been vaccinated. There is also a guide that will help you detect when younger children are in pain.

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What happens after my baby has been immunised?

What happens directly afterwards?

Just in case your baby reacts to the injection, you'll be asked to stay in the surgery for about 10 minutes after the immunisation. It's normal for babies and young children to be upset for a little while after an immunisation by injection and they may be a little irritable or off-colour that evening.

What about side effects?

Usually, any side effects will occur where the injection was given, including:

- Swelling
- Redness
- A small hard lump

These should pass in 1–2 days, if you have concerns, please speak to your doctor, nurse or pharmacist. Sometimes your child may develop a fever – see page 7.

What about the MMR vaccine?

MMR consists of three different vaccines (measles, mumps and rubella) and these can each cause reactions at different times post-injection.

- Post vaccination your child may have a sore arm or leg or fever after the vaccination.¹
- 6-10 days post injection your child may have a mild rash with fever (mini measles). This is not contagious.¹
- 3 weeks post injection your child may get swelling of their salivary glands under the jaw (mini mumps) three weeks after vaccination. This is not contagious, however if you are concerned please contact your doctor.¹



Can I give infant paracetamol or infant ibuprofen afterwards?

Should your baby have a fever after the immunisation, you can give them infant paracetamol if they're 2 months of age (weighing over 4kg and not premature) or older; or infant ibuprofen if they are 3 months of age (weighing over 5kg) or older. Ask your doctor or pharmacist for advice if you're unsure how much to give, and always read the label.

What if my child has epilepsy or has had convulsions (fits)?

These children should still be immunised if their condition is stable. Some children get fits (febrile convulsions) if they have a high temperature or a fever. If they get a high fever (over 39.5°C) after they have been vaccinated give them paracetamol or ibuprofen. Children with a family history of fits or epilepsy should be immunised as normal.¹

If you have concerns, please speak to your doctor, nurse or pharmacist.



How to measure your child's temperature

After vaccination, your child may have a raised temperature. There are a number of ways in which you can measure their temperature with a thermometer.

Digital thermometers can be placed under the armpit or under the tongue. There are also thermometers that can be placed in the ear.

Under the armpit

- Suitable for children under 5 years of age
- The thermometer should be placed directly against the armpit skin and the child's arm should be held gently against their side for the time stated by manufacturer's instructions
- Under the armpit, the normal temperature is about 36.4°C (97.4°F)



Under the tongue

- Suitable for children over 5 years of age
- The thermometer should be placed under the tongue (towards the back) for the time stated by manufacturer's instructions
- Wait 10 minutes before taking your child's temperature if they have just eaten something hot or cold
- Under the tongue, the normal temperature is about 37°C (98.4°F)



In the ear

- This is a very accurate way to measure temperature
 - Some in-ear thermometers are suitable for babies and some for toddlers
- To use ear thermometers correctly, please refer to the manufacturer's instructions



A high temperature should always be confirmed by taking another temperature reading 20 minutes later.



What temperature constitutes a fever?

A fever is usually defined as a temperature of over 37.5°C.

You should contact your GP, public health nurse, or practice nurse if your child is:

- **Under 3 months** old and has a temperature of 38°C (101°F) or higher
- **3 to 6 months** old and has a temperature of 39°C (102°F) or higher
- **Over 6 months** old and has a temperature of 40°C (104°F) or higher



Helping your child feel more comfortable when they have a fever

- Give your child plenty of cool clear fluids
- Undress them to their nappy or vest and pants
- Cover them with a sheet if necessary
- Keep the room well aired and at a comfortable temperature (about 18°C or 65°F) by adjusting the radiators or opening a window
- If your child is distressed and uncomfortable, give them paracetamol or ibuprofen (paracetamol can be used from 2 months of age (weighing over 4kg and not premature) and ibuprofen from 3 months (weighing over 5kg)). This helps bring their temperature down and will help them settle. Always read the label to find out correct dose and frequency for your child's age.

How do you tell if your child is in pain?

If your child is too young to tell you when they are in pain, it may be difficult to know when they are suffering. Looking out for the following signs could help you to detect if they are in pain:

- A change in their sleeping pattern
- Withdrawn behaviour
- Lack of expression
- Lack of interest in their surroundings
- High-pitched, tense or harsh cries
- Wariness of being moved

In children over 3 years of age, using '**face scales**' can help you find out the severity of the pain.



Ask your child to choose a face or a number that best describes their pain.
0 = no pain; 1–3 = mild pain;
4–7 = moderate pain; 8–10 = severe pain.

If your child is in pain, give them paracetamol or ibuprofen. Paracetamol can be used from 2 months of age (in babies weighing over 4kg and not premature) and ibuprofen from 3 months (in babies weighing over 5kg).



Using paracetamol in children

Children's paracetamol-based treatments (such as Calpol® Infant Suspension) have been used successfully to treat pain and fever for decades.

Paracetamol-containing treatments, such as Calpol® Infant Suspension:

- Suitable from 2 months (weighing more than 4kg and not premature)
- Tough on pain and fever relief but gentle on the tummy
- Strawberry taste

Contains Paracetamol
ALWAYS READ THE LABEL.



The Calpol® App

Proudly introducing the CALPOL® App - a handy tool to help you care for your little ones, day or night, rain or shine. Bringing our experience and expertise to your phone and handbag. Everything is personalised to your little one's age, from products suggested, to upcoming immunisations! The CALPOL® App features some utility tools to help and support you.

These tools include:

- Symptom checker
- Temperature tracker
- Dosage diary
- Pharmacy and hospital finder
- Immunisation calendar and reminders
- Product information



The Calpol® App also comes with additional functions including:

- **Ergonomic rotary wheel** allows parents to navigate to each tool single-handed.
- **Dosage Diary** allows parents to record the medicine and track doses given to a child over the course of an illness.

Calpol® App can be downloaded for free from the App Store.



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Your guide to the Calpol® Range from 2 months to 12 years

Under 6 years

Pain & fever



Calpol® Infant Suspension paracetamol

SUITABLE FROM 2 MONTHS
(weighing more than 4kg and not premature)

- Pain and fever relief
- Gentle on the stomach

Nasal Congestion



Calpol® Soothe & Care Saline Nasal Spray (medical device)

FROM BIRTH

- Natural congestion relief

Calpol® Soothe & Care Saline Nasal Drops (medical device)

FROM BIRTH

- Natural congestion relief



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ALWAYS READ THE LABEL.

Over 6 years

Calpol® Six Plus Suspension paracetamol 6+ YEARS

- Pain and fever relief
- Gentle on the stomach



Calpol® Soothe & Care Saline Nasal Spray (medical device)

FROM BIRTH

- Natural congestion relief

Calpol® Soothe & Care Saline Nasal Drops (medical device)

FROM BIRTH

- Natural congestion relief



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Immunisation schedule¹

The table below shows the timetable for immunisations but your GP or health visitor should remind you when the next one is due. Try to stick to the immunisation schedule that your GP gives you to ensure that your child is protected as soon as possible.

0–5 months

Birth		
Bacille Calmette-Guerin (BCG vaccination)	You may see a small pimple appear where the injection was given 3-6 weeks after vaccine.	Immunisation due:
2 months		
6 in 1 (includes Diphteria, Tetanus, Pertussis, HIB, Polio, Hepatitis B vaccinations)	Possible sore leg where vaccination was given or fever.	Immunisation due:
PCV vaccination	Possible sore leg where vaccination was given or fever.	Immunisation due:
4 months		
6 in 1 (includes Diphteria, Tetanus, Pertussis, HIB, Polio, Hepatitis B vaccinations)	Possible sore leg where vaccination was given or fever.	Immunisation due:
Meningococcal C vaccination	Possible sore leg where vaccination was given or fever.	Immunisation due:
6 months		
6 in 1 (includes Diphteria, Tetanus, Pertussis, HIB, Polio, Hepatitis B vaccinations)	Possible sore leg where vaccination was given or fever.	Immunisation due:
Meningococcal C vaccination	Possible sore leg where vaccination was given or fever.	Immunisation due:
PCV vaccination	Possible sore leg where vaccination was given or fever.	Immunisation due:
1–2 years		
12 months		
PCV Booster	Possible sore leg where vaccination was given or fever.	Immunisation due:
MMR vaccination	Possible sore arm or leg where vaccination was given or fever. May have mild rash (mini measles) 6-10 days after vaccination. May get swelling of their salivary glands (mini mumps) 3 weeks after vaccination.	Immunisation due:

13 months

Meningococcal C Booster vaccine	Possible sore leg where vaccination was given or fever.	Immunisation due:
HIB Booster vaccine	Possible sore leg where vaccination was given or fever.	Immunisation due:

3–5 years

4–5 years		
4 in 1 (Includes Diphtheria, Tetanus, Pertussis and Polio vaccines)	Possible swelling, redness and pain where the injection was given.	Immunisation due:
MMR vaccination	Possible sore arm or leg where vaccination was given or fever. May have mild rash (mini measles) 6-10 days after vaccination. May get swelling of their salivary glands (mini mumps) 3 weeks after vaccination.	Immunisation due:

6+ years

11–14 years		
HPV (Girls Only)	Possible redness or swelling where the vaccination was given or fever.	
Tdap (Tetanus, Diphteria, Pertussis)	Pain, redness or swelling in the arm where the vaccine was given and/or mild fever or headache.	
MMR (Only if previous two MMR vaccinations were not given)	Possible sore arm or leg where vaccination was given or fever. May have mild rash (mini measles) 6-10 days after vaccination. May get swelling of their salivary glands (mini mumps) 3 weeks after vaccination.	Immunisation due:

- What is given
- Possible side effects

Contains paracetamol. ALWAYS READ THE LABEL.

¹www.immunisation.ie



IRE/CA/I3-0247