

Ruddington Medical Centre

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ADVICE FOR PARENTS FOLLOWING YOUR CHILD'S IMMUNISATION

You have protected your child against some serious, and sometimes fatal, diseases. Most children are well after their injections; however they may have a mild reaction. A small red lump at the injection site is normal and should be left alone. It may present or several weeks afterwards.

Your child may feel hot, be miserable and off their food for up to 24 hours after their injection.

If your child has a raised temperature (above 37.5 °C)

Give plenty of drinks, such as juice. Do not worry if they refuse milk or their normal food, they will eat normally when they feel better.

Make sure that the room temperature feels neither too hot nor too cold (around 15°C)

Take off most of your child's clothes so he/she can lose heat through the skin e.g. down to vest and nappy. Do not wrap your child in blankets or duvets, a light sheet may be enough.

Paracetamol mixture (also called Panadol, Calpol, and Disprol) will bring the temperature down and help your child feel less hot and miserable. It can be given 4 to 6 hours until the temperature is normal. Do not give more than 4 doses in 24 hours. The amount your child can have depends on their age and this will be written on the label.

Aspirin should NOT be given to children under 12 years.

CONTACT YOUR DOCTOR OR HEALTH VISITOR IF;

The high temperature does not go down after you have tried to bring it down.

If the high temperature lasts more than 24 hours.

If your child is screaming and you can't calm them down.

If your child has a convulsion (a fit).

If you are at all worried.

Your Immunisations

If you have not had immunisation yourself or you are unsure, please ask your practice nurse, family doctor or health visitor.

Nappies

All those caring for babies (parents, child-minders, babysitting, grandparents etc.) should be careful to wash their hands well after changing nappies and disposing of their contents. This is especially important following your child's immunisations.

Swimming

You may take your baby swimming before he/she has had all their immunisations. It is very important that he/she is kept warm and supervised by an adult at all times.

If you would like more information on any aspect of child care please ask your health visitor, practice nurse or family doctor.