

## First Vaccines: *What Every Parent Wants to Know*

When you choose to have your baby vaccinated, we believe you are making a great decision to protect them against diseases that can make them very sick or even die. We know you've probably been dreading this day for a while, and it was very hard to see your baby get poked. You should know that the vast majority of babies tolerate their vaccines with minimal to no side-effects, but it's important for you to be aware of a few things to watch for in the next 24-48 hrs.

The most common side effects include:

- Sleepiness &/or fussiness for 1-2 days
- Fever (usually < 101) for 1-2 days
- Warm red spots at site up to 3-4 days
- Tenderness at the injection site
- Marble-sized "knots" at the site for weeks

Feel free to give Acetaminophen as needed, up to every 4 hours, for fever or fussiness. Please use it cautiously, however, as we know that repeated use will reduce the effectiveness of the vaccine to protect against disease.

If you're worried, please feel to call us. We would like you to call for fever > 103 rectally, fever more than 48 hours duration, or if your child is worrying you with how fussy or lethargic they are.

While we generally agree fully with our Night Nurse's advice, their protocols are a little more conservative about fever in a baby under 3 months, even if shots were given that day. They will likely send you to the ER. If you are comfortable with your baby's condition, fever is < 103 and comes down with Acetaminophen, your baby is feeding well, has good color and has moments of contented alertness, we think you can observe a little longer.