

What to expect after your child gets vaccines?

Vaccines are among the safest medical products available, but like any medicine, they can cause side effects.



Most side effects are minor

Many people who receive vaccines have no side effects. For those who do, the side effects – like fever or soreness, redness, or swelling where the vaccine was given – are usually minor and will generally subside after a day or two. Some side effects such as anxiety with hyperventilation or fainting, caused by the fear of needles, can be associated with the process of immunisation.

Serious side effects are very rare

Some people may develop high fever following vaccination and occasionally, a high fever (which can be caused by many common childhood infections) can cause a seizure, called a febrile seizure. Febrile seizures, which happen more commonly in infants and young children, look serious, but almost never are, and children recover with no lasting effects.

Very rarely, a person will have a true serious reaction to a vaccine, like a severe allergic reaction called anaphylaxis. Anaphylaxis is extremely rare and its occurrence is about one in a million vaccinated individuals, that is, 1 to 2 people may develop anaphylaxis if 1 million doses of a vaccine are given. As a precaution, you will always be asked to wait 10 minutes after receiving a vaccine before leaving.

What if your child has a reaction to a vaccine?

Common vaccine reactions may make your child uncomfortable, but they are not harmful and will generally subside in a day or two.

If your infant or child has developed a fever after immunisation:

- If you are breastfeeding, feed your child more, or offer the child more to drink.
- Take off extra clothes that your child is wearing.
- Give your child medicine, such as paracetamol, to help bring down the fever and make them more comfortable.

If your child cries more than normal or has soreness in the arm or leg where the vaccine was given:

- Cuddle your child to soothe them.
- Put a cool cloth on the arm or leg where your child got the vaccine.
- Give your child medicine, such as paracetamol, to help relieve pain and make them more comfortable.

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兒童接種疫苗後注意事項

接種疫苗十分安全，然而跟任何藥物一樣，有可能導致一些副作用。



大多數副作用都是輕微的

許多人接種疫苗後都不會出現副作用。部分人或會出現發燒、酸痛的情況，又或接種位置發紅、腫痛，但通常都很輕微，一般會在一兩天內消退。另外，一些副作用則可能跟恐懼針藥而產生的焦慮相關，例如換氣過度或頭暈。

嚴重副作用十分罕見

部分人可能在接種疫苗後出現高燒，這些發高燒的情況多由常見的兒童感染引起，偶爾會導致身體抽搐，稱為熱性痙攣。熱性痙攣在嬰兒和幼兒中比較常見，徵狀看似嚴重，但大部分個案並不如是，一般而言，兒童康復後不會受長遠的影響。

鮮有人會對疫苗產生真正的嚴重反應，例如過敏性休克的嚴重過敏反應。過敏性休克極為罕見，其發生率約為百萬分之一；即如果注射100萬劑疫苗，可能會出現過敏性休克的只有一至兩人。為預防起見，接種疫苗後，請等待十分鐘才離開。

孩子對疫苗出現反應怎麼辦？

常見的疫苗反應可能會讓孩子感到不適，這些反應不會構成傷害，並通常會在一兩天內消退。

如你的孩子接種疫苗後發燒：

- 餵哺母乳時，請給孩子多餵一點，或者讓孩子多喝點奶。
- 脫掉孩子的額外衣服。
- 給孩子服用藥物，如撲熱息痛，以幫助降低其體溫，讓他們感到舒適一點。

如你的孩子哭得比平日多，或接種疫苗後手臂或腿部感到痛楚：

- 擁抱孩子安撫他們。
- 在孩子接種疫苗的手臂或腿上放一塊清涼的布。
- 給孩子服用藥物，如撲熱息痛，以幫助舒緩痛楚，讓他們感到舒適一點。

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