

# PREPARING FOR YOUR CHILD'S WELL BABY VISIT: HEPATITIS B VACCINE



## BEFORE THE VISIT

A little research before your child's well baby visit can go a long way to reducing your stress and concerns. Credible information helps ensure healthy choices and builds vaccine confidence.

### What you need to know about Hepatitis B

Hepatitis B is a serious liver infection passed person-to-person through blood and other bodily fluids. One of the common ways to get Hepatitis B is mother-to-child transmission. Pregnant people can pass Hepatitis B to their babies during childbirth, which is why newborns are given a Hep B vaccine at birth.

Acute hepatitis B can lead to chronic hepatitis B. Chronic hepatitis B can last a lifetime and lead to serious illnesses such as cirrhosis and liver cancer. The younger you are when you get hepatitis B, the more likely it will become chronic. **About 90% of infected infants will develop chronic Hep B compared to only 2-6% of adults.**

### Fast facts about the Hepatitis B vaccine



Hepatitis B Vaccine is a 3-dose vaccine. **The first dose is given at birth.**



2nd dose: 1 month



3rd dose: 6 months



When all doses are received, the vaccine about 80 - 100% effective

Other vaccines may be given at the same time as the Hepatitis B vaccine.

Ask your health care provider what other vaccines your child will receive at the well baby visit so you can be prepared.

## DURING THE VISIT



**Keep it sweet.** Studies show something sweet can reduce pain. Ask your health care provider to give your baby a sweet solution of sucrose or glucose one to two minutes before the shot.



**Breast is best.** Breastfeeding calms and helps distract your baby. Plus the close contact is very soothing. So, if you can, consider breastfeeding your baby during vaccinations.



**Spray Away.** Ask for a cooling spray or pain-relieving ointment, which is applied on your child's arm or leg right before vaccination. Tell your provider you want this **before** the visit so they are ready for you.



**Bring a Friend.** Bring your child's favorite toy, blanket or book to help them focus on something positive during the vaccination visit.



**Distract Your Baby.** Sing or read to you child to help them focus on you instead of the vaccination

A little planning can make a big difference in helping your child have a stress-free vaccination visit.



**Congratulations for protecting your child's health and future!**

We know making the best health decisions for your child can sometimes be overwhelming. We here for you. If you need more information please visit [www.VoicesForVaccines.org](http://www.VoicesForVaccines.org).

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for vaccines  
credible vaccine information  
for parents, from parents

# WHAT TO EXPECT AFTER VACCINATION

## Understanding normal immune responses vs. serious adverse events

Normal immune responses (sometimes called side effects) are how you know a vaccine is doing its job: your baby's immune system is recognizing an "invader" and preparing to fight it. But with a vaccine, it's a practice exercise and not the real thing so the immune response will usually be mild and go away on its own in a few days. Some normal immune responses for the Hepatitis B vaccine include:



**Soreness where the vaccine was given**



**Headache**



**Redness or swelling around the area where the vaccine was given**



**Fever**

### Serious Adverse Events

Serious issues are very rare (about 1 in 1 million) and include allergic reactions like:

- hives
- swelling of the face and throat
- difficulty breathing
- a fast heartbeat
- dizziness
- weakness



Unlike a rash, hives are usually raised and "blotchy" with less defined edges.

## How to treat normal immune responses

The best way to treat normal immune responses to vaccination include:

- 1) Apply a cold compress to the injection site for redness and swelling.
- 2) Give your baby a pain reliever (analgesic) like Infant/Children's Motrin® or Tylenol® or equivalent generic. Call your healthcare provider for dosage.

## When to call your healthcare provider

Severe allergic reactions occur within seconds or minutes so in the extremely rare case that your child has a serious reaction, you will likely still be in the doctor's office. But more mild allergic reactions can happen several hours after vaccination (and rarely up to 24 hours later). If you notice an allergic reaction, you should contact your healthcare provider immediately.

Normal immune responses will usually go away within a week of vaccination. But if you are concerned, you should call your healthcare provider.

## Questions for your healthcare provider

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## Post-vaccine notes

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