

Preparing for your child's well-baby visit: **CHICKENPOX 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 chickenpox

Chickenpox is a very contagious disease. It causes an itchy rash that scabs over and usually lasts about a week. Chickenpox also causes:

- Fever
- Loss of appetite
- Tiredness
- Headache

Rare but serious risks from chickenpox include:

- Skin infections
- Spinal cord swelling
- Brain swelling
- Bloodstream, bone, joint infections
- Pneumonia
- Blood vessel inflammation

Fast facts about the chickenpox vaccine



Chickenpox is a
2-dose vaccine



1st dose:
12-15 months



2nd dose:
4-6 years



When both doses are received,
the vaccine is 92% effective.

Other vaccines may be given at the same time as the chickenpox 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 to 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 your 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 on protecting your child's health and future!



We know making the best health decisions for your child can sometimes be overwhelming. We're here for you.

**If you need more information, please visit
www.VoicesForVaccines.org.**

voices
for vaccines
credible vaccine information
for families, from families ♥

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 chickenpox vaccine include:



Soreness where the vaccine was given



Chickenpox-like rash.

This is uncommon but not dangerous for your child. If your child does develop this, keep them away from people with weakened immune systems and unvaccinated infants until the rash goes away



Redness around the area where the vaccine was given



Fever

How to treat normal immune responses

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

- Apply a cold compress to the injection site for redness and swelling.
- Give your baby a pain reliever (analgesic) like Infant/Children's Motrin®, Tylenol®, or an 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.

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.

Questions for your healthcare provider

Post-vaccine notes