

# Tomqab txhaj cov Tshuaj... Yam Koj Muaj Cuabkav Ua



Txhaj cov tshuaj yuav mob mentsis.....  
Tabsi kabmob muaj cuabkav yuav ua  
rau mob dua!

## Hu rau koj tus kws khomob yog tias koj tus menyuam:

- ◆ Kubcev li 105°F los yog siab tshaj
- ◆ Daj thiab tsis muaj zog
- ◆ Quaj txog 3 teev los yog tshaj thiab tsis ntsiag li
- ◆ Quaj suab tsis xws li ib txwm (suab soob)
- ◆ Tshee, laim los yog chua  
**Los yog**
- ◆ Yog tias koj txhawj txog txhua yam uas koj pom koj tus menyuam muaj.

Tej zaum koj tus menyuam yuav xav tau kev hlub thiab tu tomqab nws txhaj cov tshuaj thiab tejzaum yuav xav kom koj puag.

Tejzaum koj tus menyuam yuav kubcev. Rau kev kubcev:

### TSIS TXHOB MUAB ASPIRIN

Muab dej ntau rau koj tus menyuam haus  
Muab khaubncaws luv thiab nyias rau nws hnav  
Muab acetaminophen rau koj tus menyuam noj. (saib daim qhia hauvqab)  
Muab ntaub ntub dej sov sem so los npuab koj tus menyuam

Thaj nqaij uas koj tus menyuam txhaj tshuaj tejzaum yuav mob, kub, liab, los yog o tuaj:

Muab ib daim ntaub ntub dej txias npuab qhov mob yog tias zoo. Hu rau koj tus kws khomob yog tias tsis zoo zog tuaj tomqab 24 teev.

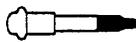
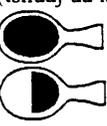
Kev kuaj kev kubcev?

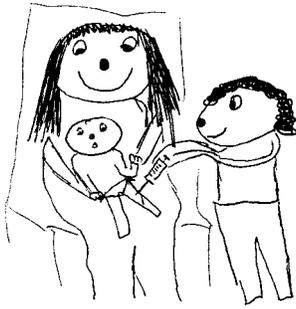
Tus ntsuas uas ntxig qhov quav yog tus ntsuas tau zoo tshaj tabsi nco ntsoov muab cov tshuaj nplua xws li vaseline pleev tus ntsuas uantej tso. Hu rau koj tus kws khomob yog tias kubcev txog 105°F los yog siab dua.

Kuv yuav muab tshuaj acetaminophen npaum licas rau kuv tus menyuam noj kom zoo kubcev? (Lwm cov npe rau acetaminophen yog Tylenol, Tempra, thiab Panadol).

Txais yuav raws ntawv siv hauv  
Immunization Action Coalition, St. Paul, MN  
thiab hauv San Diego County Immunization  
Program los ntawm Contra Costa County.

Immunization Action Coalition  
1573 Selby Avenue  
St. Paul, MN 55104  
651-647-9009  
www.immunize.org

Raws hnuvnyoog: cov tshuaj Acetaminophen uas yuav muab rau noj txhua 4-6 teev				
1-3 hlis	4-11 hlis	12-23 hlis	2-3 xyoos	4-5 xyoos
1/2 raj 	1 raj  los yog	1+1/2 raj  los yog	1 diav kafes (tshuaj ua kua)  los yog	1+1/2 diav kafes (tshuaj ua kua)  los yog
	1/2 diav kafes (tshuaj ua kua) 	3/4 diav kafes (tshuaj ua kua) 	2 lub tshuaj ua ntsiav 	3 lub tshuaj ua ntsiav 



Shots may hurt a little . . .  
but the disease can hurt a lot!

# After the Shots ...

## *What you can do*

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Your child may need extra love and care after he or she gets shots and may want to be held.

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### Call your doctor if your child:

- Has fever of 105°F or higher
- Is pale and limp
- Has been crying 3 hours or more and won't quit
- Has a cry that isn't normal (high pitched)
- Is shaking, twitching, or jerking

or

- If you are worried at all about how your child looks or feels

### Your child may get a fever. For fever:

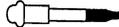
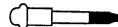
- DO NOT GIVE ASPIRIN
- Give your child plenty to drink
- Clothe your child lightly
- Give your child acetaminophen (see chart below)
- Sponge your child in lukewarm water

### The site where your child got their shot might be sore, hot, red, or swollen:

Put a cool wash cloth on the sore area as needed. Call your doctor if it doesn't get better after 24 hours.

### How to check for fever?

A rectal temperature is best but be sure to lubricate the thermometer with something such as vaseline first. Call your doctor if the fever is 105°F or higher.

How much fever-reducing medicine (acetaminophen) should I give my child?				
Dose of acetaminophen to be given every 4–6 hours, by age or by weight				
1–3 months 6–11 lbs.	4–11 months 12–17 lbs.	12–23 months 18–23 lbs.	2–3 years 24–35 lbs.	4–5 years 36–47 lbs.
1/2 dropperful infant drops* 	1 dropperful infant drops*   or 1/2 teaspoon children's liquid* 	1 1/2 droppersful infant drops*   or 3/4 teaspoon children's liquid* 	2 chewable (80mg) tablets*  or 1 teaspoon* children's liquid 	3 chewable (80 mg) tablets*  or 1 1/2 teaspoons children's liquid* 

\*Consult your pharmacist to be sure you choose the correct dose and formula for your child.

Adapted from the Contra Costa County, California Immunization Program and the Immunization Action Coalition  
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