



Mae Brechu yn achub bywydau
Vaccination saves lives



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What to expect after vaccinations

This leaflet tells you about the common side effects of vaccinations that might happen in babies and children up to five years of age. Only use this information as a guide. You should always get advice from a doctor, health visitor or nurse if you are worried, or contact NHS 111 Wales by calling 111.

You can find leaflets with more information about vaccinations at phw.nhs.wales/vaccine-leaflets

Protect your child's health

Vaccination is one of the best ways to protect your child and others from serious illnesses.



Scan me for more information on babies and preschool vaccinations

What to expect after vaccinations given as an injection

After a vaccination, your child may cry for a little while, but that usually settles quickly with a cuddle or a feed. Most babies don't have any side effects.

The most common side effects are at the place where the injection was given. These include:

- swelling;
- redness; and
- a small hard lump.

These usually last a day or two and you don't need to do anything about them.

After vaccination, young children may sometimes become unsettled for a day or two and may develop a fever. Older children may also have a fever, tiredness, muscle aches, headache or loss of appetite for a day or two.

How to treat a fever

A fever is a body temperature over 38 C. Fevers are quite common in young children but are usually mild. If your child's face feels hot to the touch and they look red or flushed, they may have a fever. You can check their temperature with a thermometer.

If your child has a mild fever and feels unwell after their vaccination, you can give them paracetamol.

- Read the instructions on the bottle or packet carefully.
- Give the correct dose for your child's age.






We don't recommend taking this medicine before the vaccination to prevent a fever.

If your child has a fit (seizure), or is ill and getting worse, get medical help immediately.

If the surgery is closed and you cannot contact your doctor, trust your instincts and go to the nearest hospital with an emergency department.

! Remember: never give medicines that contain aspirin to children under 16.

Keep your child cool by...

-  Making sure they don't have too many layers of clothes or blankets on
-  Giving them plenty of cool drinks (if you are breastfeeding, your child may feed more often)
-  Don't put them in the bath
-  Don't sponge them down
-  Don't put a fan on them

After vaccination with MenB (meningitis B)

Fever can happen after any vaccination, but is very common when the MenB vaccine is given with the other routine vaccines at 8 and 12 weeks. That is why it is recommended that your baby has infant paracetamol to prevent and treat a fever.

Your baby won't usually need paracetamol after the MenB vaccine given at 12 months of age. By this age their risk of fever is the same as after other vaccines.

Your baby should have a total of three doses of infant paracetamol at the time of each of their first two MenB vaccinations.

You should space out the doses as follows:

Baby's age: 8 and 12 weeks

Dose 1 Paracetamol

One 2.5 ml (60 mg) dose to be given just after their vaccinations (see note below)

Dose 2 Paracetamol

One 2.5 ml (60 mg) dose 4 to 6 hours after dose 1

Dose 3 Paracetamol

One 2.5 ml (60 mg) dose 4 to 6 hours after dose 2

Note

For very premature babies (born before 32 weeks) or very small babies (weighing less than 3 kg), your GP should prescribe paracetamol according to the baby's weight at the time of their vaccination. You should check with your GP and follow the instructions on the prescription.

You should measure the 2.5ml/60mg dose and give it either using a syringe or with a 2.5ml spoon.

This advice on the use of paracetamol only applies if your baby has had the MenB vaccine with the other routine vaccines at 8 and 12 weeks. If your baby has a fever at any other time, you should follow the instructions and dose advice on the product packaging and patient leaflet.

Fever is much less common when the MenB booster is given at 12 months, so your baby won't need paracetamol then. However, if your baby does develop a fever or is irritable or unwell, you can give them the correct dose of infant paracetamol if you want to.

! If you do not have any infant paracetamol liquid at home, you should get some in time for your baby's first vaccination. It is available from pharmacies and supermarkets.

After vaccination with the rotavirus oral vaccine

Babies who have had the rotavirus vaccine can become unsettled (as with most other vaccinations) but some may also develop mild diarrhoea. In very rare cases (about 2 in every 100,000 babies

vaccinated), the vaccine can affect the baby's lower gut. They may vomit or develop pain in their tummy, and sometimes they may pass what looks like red jelly in their nappy, usually within seven days of the vaccination.

! If this happens or you're worried about your child, speak to your GP immediately, contact NHS 111 Wales by calling 111, or go to the emergency department of your nearest hospital.

After vaccination with an MMR-containing vaccine

- **The MMRV vaccine helps protect against measles, mumps, rubella and chickenpox.**
- **The MMR vaccine helps protect against measles, mumps and rubella.**

In January 2026, the MMRV vaccine replaced the MMR vaccine in the routine childhood immunisation schedule in Wales. The MMR vaccine is still available for some people who need it. This includes older children and adults who have not had two doses and who are not eligible for the MMRV vaccine. You can find more information about MMRV and MMR vaccines, including possible side effects, at phw.nhs.wales/MMRV-MMR

Common side effects include a rash, irritability and a fever. See the **'How to treat a fever'** section for how to treat symptoms of a fever.

The MMR vaccine has weakened types of measles, mumps and rubella viruses. The MMRV vaccine is similar, but it also contains weakened chickenpox virus. The weakened viruses in the MMR-containing vaccines can act at different times. Side effects such as a fever and a rash are more common after the **first dose**. These can occur:

- About 6 – 11 days after the vaccine (from the measles part)
- About 2 – 3 weeks after the vaccine (from the mumps and rubella parts)
- About 3 – 4 weeks after the vaccine (from the chickenpox part)

A small chickenpox rash may appear near the injection site after the MMRV vaccine. Children can still go to school or childcare, but any spots should be covered as a precaution.

After vaccination with the flu nasal spray vaccine

The side effects linked with the nasal spray flu vaccine are almost always mild and short-lived. Some children may get a runny or blocked nose for a few days. Other less common effects include a slight temperature, feeling unwell, loss of appetite and a headache.

Very rare allergic reactions

Rarely, people can have a severe reaction soon after the vaccination, which causes breathing difficulties and may cause them to collapse. This is called an anaphylactic reaction, and it can also happen with other medicines and food. These reactions are extremely rare,

affecting less than one in a million people. Staff who give vaccinations are trained to manage these reactions.

People who have an anaphylactic reaction can be successfully treated and usually recover within a few hours.

Vaccine safety

Before vaccines are introduced, they have to be licensed by the Medicines and Healthcare products Regulatory Agency, which assesses their safety and whether they are effective.

Vaccination is one of the most effective ways to prevent illness from diseases that can be harmful. No vaccine is 100% effective, so it is still important to know the signs and symptoms of disease, even if your child is vaccinated. More information about vaccines and the diseases they help protect against is available at **phw.nhs.wales/vaccines**

Once the vaccines have been introduced into the programme, their safety continues to be constantly monitored so that any new side effects are quickly noticed and investigated.

If you would like more information on the safety of vaccines, go to **www.mhra.gov.uk** (external site). Members of the public can report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this at **www.mhra.gov.uk/yellowcard** (external site) or by calling the Yellow Card hotline on **0800 731 6789** (available Monday to Friday, 9am to 5pm).

If, after reading this leaflet, you still have questions about side effects after vaccination, speak to your practice nurse, health visitor or doctor.

If your child is ill and getting worse, **trust your instincts** – get medical help immediately.

The information in this leaflet is correct at the time of publication. For the most up-to-date information, please visit **phw.nhs.wales/vaccines**

Further information

If you have any questions or want more information, you can go to **111.wales.nhs.uk** (external site), talk to your doctor or nurse, or contact NHS 111 Wales by calling **111**.

You can find more information about vaccines offered in Wales at **phw.nhs.wales/vaccines**

To find out more about the vaccines, including their contents and possible side effects, go to **medicines.org.uk/emc** (external site). Enter the name of each vaccine in the search box. You can also see the patient leaflet online.

You should report suspected side effects online at **www.mhra.gov.uk/yellowcard** (external site), by downloading the Yellow Card app, or by calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

To find out how the NHS uses your information, go to **111.wales.nhs.uk/AboutUs/Yourinformation** (external site)



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