

The Caretaker's Guide to Increasing Vaccine Confidence for Children

APIAHF
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Did you know that many vaccines are updated annually to offer protection against new strains of viruses? Your child needs vaccines to prevent serious diseases and illnesses. Beware of misconceptions such as the belief that too many vaccines at once will overwhelm a child's immune system, that vaccines are dangerous, or that once a child has been vaccinated, the child will continue to be protected.

Vaccination Guidelines

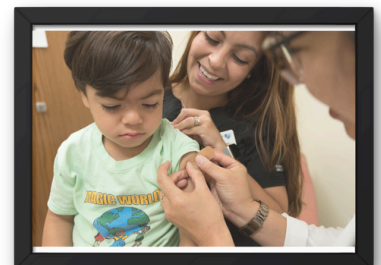
Before Vaccination

- Contact your provider or pharmacy to set vaccine appointments and reduce wait times. Remember to ask your provider any questions or concerns you may have.
- Inform your provider about any medical conditions your child has, certain conditions can change vaccine dosage and frequency requirements.
- If your child struggles with vaccine anxiety, ask your provider to prescribe an anxiety-relief pill for your child's vaccination.



During Vaccination

- If your child is nervous at a vaccine appointment, distract your child, offer small incentives, and try to help your child relax by modeling calm behavior with your voice, tone, and attitude.
- If your child is hesitant about vaccines due to pain, try using lidocaine to numb the area 30-60 minutes before the vaccination, or use cold spray to ease the pain.



After Vaccination

- Common side effects of most vaccines include tiredness, soreness or redness at the vaccine site, headaches, common cold symptoms, and fevers. These reactions are normal and will subside. You can use ice packs and over-the-counter painkillers for symptoms post-vaccination but not prior to vaccination, as that could lower your child's responses to the vaccine.



For more information, please visit our websites at <https://www.apiahf.org> and <https://www.aa-nhpihealthresponse.org>. To learn more from our sources, please visit immunize.org or cdc.gov.