



*Dr Wolfgang Muller (Consultant Paediatrician)*

# Parent Information Guide:

## What to Expect After Your Child's Vaccination

Vaccinations are a safe and effective way to protect your child from serious diseases. After a vaccine, it is normal for some mild side effects to occur, and it's important to know what to expect and when to seek help—especially if your child has a known **egg allergy**.

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## General Reactions to Vaccinations

Most children experience **mild and temporary** side effects after vaccinations. These usually start within a few hours and resolve within 1–3 days.

### Common Reactions

- **Mild fever (below 39°C)**
- **Redness, swelling or tenderness** at the injection site
- **Irritability or tiredness**
- Reduced appetite
- Sleep disturbance

These are signs your child's immune system is responding to the vaccine.

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## When to Seek Medical Advice

Contact your GP or 111 (UK) urgently or attend A&E if your child develops:

- **A high fever ( $\geq 39.5^{\circ}\text{C}$ )**
- **Severe or persistent crying** lasting more than 3 hours
- **A fit (febrile convulsion)**
- **Breathing difficulties, wheezing or swelling of the face**
- **Widespread rash**, especially with itching or blistering
- Signs of a **serious allergic reaction** (see below)



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## Vaccinations in Children with Egg Allergy

Some vaccines are grown in cells derived from **chick embryos** (e.g., certain **influenza vaccines** and **yellow fever vaccine**). While these may contain trace amounts of egg protein (ovalbumin), most children with egg allergy can safely receive these vaccines.

### Key Points for Parents

- Children with **mild to moderate egg allergy** (e.g., rash, hives, vomiting after eating egg) can usually be vaccinated **safely in any setting**.
- Children with **previous anaphylaxis to egg** may still safely receive influenza vaccines in most cases, but should be vaccinated in a **specialist setting** (e.g., hospital clinic) if:
  - They have a history of **severe anaphylaxis to egg requiring intensive care**, or
  - They are receiving a vaccine with **higher egg protein content** (e.g., yellow fever vaccine)

Always inform the nurse or doctor about your child's egg allergy and any history of anaphylaxis.

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## Signs of an Allergic Reaction to Watch For (within 30–60 minutes)

- Itchy rash or hives (especially away from the injection site)
- Swelling of the lips, face, or around the eyes
- Coughing, hoarseness, or breathing difficulty
- Vomiting or abdominal pain
- Pale or floppy appearance (in infants)
- Sudden drowsiness or unresponsiveness

### What to Do

- **Mild reactions** (e.g., rash only): Inform your GP or 111
  - **Severe reactions**: Call **999** immediately
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## What You Can Do to Help Your Child

- Offer **fluids** and keep your child comfortable
  - You can give **paracetamol or ibuprofen** for pain or fever (check dosage for your child's age)
  - Keep an eye on the injection site – mild swelling or redness is normal and doesn't require treatment
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## Follow-Up and Questions

- If this vaccine is part of a **course**, ensure your child returns for the next scheduled dose
  - If you have any concerns, contact your GP, health visitor, or call **NHS 111**
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## Further Information

- [NHS Vaccinations and When to Have Them](#)
  - [BSACI: Egg Allergy and Vaccination](#) (British Society for Allergy and Clinical Immunology)
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**Your child's safety is our priority. Please speak with a healthcare professional if you have any questions or concerns.**

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Enclosed is a link to further parent information:

**Parent information on "My child is unwell – When should I see a doctor?"**

<https://drwmuller.com/information-for-parents-carers/>

See: Emergencies: "When do I need to see a doctor urgently?"

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