

- Virus

What To Do Post-COVID-19 Vaccination: Children Edition

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We know what to do before vaccination day, but what do we do after your children get their COVID-19 vaccine shot? Here are two things to keep in mind:

Support and praise kids for getting vaccinated.

One of the most important things we can do as parents and guardians is to be there and watch over our kids on the day of the vaccination shot. You can distract your child when they're about to receive it, ask them to close their eyes, or have them hold your hand and squeeze it when they feel anything discomfort. While some kids may cry during the vaccination, we should be ready and patient in dealing with this experience that is likely daunting and frightening for them.

Having an ice pack ready is helpful. And you can even give your child a treat after, like taking them to their favorite restaurant to comfort them, or getting them a small gift in return for being brave.

Some kids may have a more distressing experience than others during their first shot and may have hesitations about going back for the second dose. If this is the case, it is important to be patient and find more creative ways in making them understand why it's important to complete their doses. Monitor your child's condition.

Although you've already had a short monitoring time at the vaccination site, once you make it home after the vaccination, parents and guardians should further monitor their children's condition. There are guidelines set by the US Center for Disease Control, which say that we should contact a healthcare provider if there is any redness or tenderness in the injection site or if the side effects do not go away after a few days. Also heed any instructions given by the healthcare provider at the vaccination site.

We hope that these tips help you with what to do after your child's vaccine shot. For any questions regarding the vaccines, please contact your doctor. Also, don't forget to teach our kids the minimum public health standards all the time.