



Congratulations on receiving the Johnson & Johnson/Janssen COVID-19 vaccine. Please read through this post-vaccination information handout completely.

Here is what to expect:

- Please remain in the observation area for at least 15 minutes. You may be asked to stay for 30 minutes if you had allergic reactions in the past or advised by an allergist. **For your safety, it is important that you stay for the full duration of the observation period.**
- If you have not done so already, please consider registering with v-safe at <https://vsafe.cdc.gov/>. This is a smartphone-based tool that helps the Centers for Disease Control and Prevention (CDC) track side effects from the vaccine. Even if you have already registered when you received your first vaccine dose, you still need to register with them again for the second vaccine dose. You may access more information about the program at <https://emergency.cdc.gov/coca/ppt/2020/v-safe-information-sheet-508c.pdf>.
- You may obtain a copy of the fact sheet from <https://www.fda.gov/media/146305/download>.
- You are likely to experience at least one side effect from the vaccine, even if you have not already experienced it after the first dose. Here is a list of some commonly reported side effects.
 - Pain at the injection site
 - Fatigue
 - Headache
 - Muscle aches
 - Nausea
 - Fever
 - Swelling at the injection site
- You may take ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) as needed for relief. You should, however, avoid taking them prophylactically to prevent the onset of symptoms as that may affect the efficacy of the vaccine.
- The symptoms should typically last 24-48 hours but not more than 72 hours. If you continue to have symptoms for more than 72 hours after receiving the vaccine, you should contact your primary care provider.
- If, after leaving the vaccine clinic, you develop lightheadedness, confusion, difficulty breathing, swelling of the lips, face and/or throat, generalized rash or hives, you should immediately go to the nearest emergency department for further evaluation.
- If you develop headache, that is not relieved with ibuprofen or acetaminophen, or abdominal pain, you should seek medical attention immediately.
- If you experience other symptoms at any time, you should contact your primary care physician for further instructions.
- If you develop cough, shortness-of-breath, or loss of smell and/or taste, you should seek medical attention immediately for further evaluation.

Helpful information now that you have been vaccinated against COVID-19:

What will this vaccine do for me?

- This vaccine will significantly reduce your risk of developing COVID-19 with symptoms.
- If you develop COVID-19, this vaccine will reduce your risk of being sick enough to require hospitalization.

When will I be considered fully vaccinated?

- You will be considered fully vaccinated 2 weeks after receiving this vaccine.

How safe is this vaccine?

- The vaccine clinical trials reported very low occurrences of severe side effects.
- The clinical trial data were closely reviewed by the FDA advisory committee for the safety profiles before offering recommendations to allow their use under the Emergency Use Authorization.
- In rare circumstances, episodes of serious blood clots have been reported in recipients of this vaccine, particularly in women under the age of 50 years.

Are there any long-term side effects to the vaccine?

- The long-term safety profile of either vaccines is still under investigation.
- Thus far, no obvious long-term side effects have been reported.

What should I do if I experience an allergic reaction to the vaccine?

- If you think you are experiencing an allergic reaction after leaving the vaccine clinic, you should seek medical attention immediately, preferably at the local emergency department.
- Once your symptoms have resolved and your medical provider feels that you experienced an allergic reaction, you should request to see an allergist to determine the cause of the reaction(s).

Will I need additional doses in the future?

- The FDA has not approved nor has the CDC recommended booster doses at this time.

Can I still get COVID-19 now that I am vaccinated?

- The vaccine is not 100% effective in protecting you from developing COVID-19 with symptoms. Breakthrough infections are expected but uncommon. However, you may receive extra protection if you continue to use facemasks while in public, especially in indoor public areas.

Now that I am fully vaccinated, what can I safely do?

- You may resume activities in most outdoor settings without wearing masks or physically distancing.
- You should continue to wear masks while in indoor public spaces or anywhere involving large crowds.
- If you have an impaired or suppressed immune system, you should continue to wear masks and physical distance in public.
- If you are a healthcare worker, you should check with your employer's infection control policy on your facility's facemask use requirement.
- You may travel within the U.S. without the need to get tested or self-quarantine.

What should I continue to do despite being fully vaccinated?

- You should still take steps to protect yourself and others if you travel using public transportation, including airplanes.
- You should get tested if you develop COVID-19 symptoms at any time.
- If you have a condition or take medications that weaken your immune system, you should discuss with your healthcare provider about your activities as you may need to continue all recommended precautions to prevent COVID-19.

Am I still required to be tested for COVID-19 if I want to travel internationally?

- You should still travel only when necessary while taking all the appropriate precautions.
- You do not need to be tested for COVID-19 before traveling out of the U.S. You should, however, check if your destination if it requires proof of negative COVID-19 test result, or any other requirements, before arrival.
- CDC continues to require proof of negative COVID-19 test result, either PCR- or antigen-based test, 1-3 days prior to departure on flights to the U.S. regardless of the vaccination status.
- You do not need to self-quarantine, but you should still get tested 3-5 days after returning.

What should I do if I had close contact with someone with COVID-19? Do I need to be in quarantine or get tested?

- If you are fully vaccinated, you will not need to be in quarantine. It is recommended that you get tested 3-5 days following the exposure.
- If you develop COVID-19 symptoms at any time, you should get tested immediately.
- You should wear a facemask while in public and monitor for symptoms of COVID-19 for 14 days after the exposure.

If I am a healthcare worker and had close contact with someone with COVID-19, am I restricted from returning to work?

- You should contact your employer or check with your facility's policy regarding COVID-19 exposure and work restrictions.

If I get COVID-19, do I need to be in isolation?

- Yes. It is not known if vaccination will prevent you from spreading the virus that causes COVID-19.
- You will need to be in isolation for at least 10 days, depending on the severity of the infection.

If I get the COVID-19 test, will vaccination affect the test results?

- It depends on the test. The vaccine will not affect the results of PCR- and antigen-based tests. These tests are typically the ones that will require swabbing your nose to collect the samples.
- Those who received the vaccine may have positive antibody test result. The detection of antibodies represents your immune system's response to the vaccine.

Should I ask my doctor to perform an antibody test to confirm that I have antibodies after I am vaccinated?

- Antibody testing to confirm immunity is not recommended at this time.

Can I transmit the virus that causes COVID-19 through vaccination to those who have not had COVID-19?

- No. The vaccine does not contain the virus that causes COVID-19. Therefore, you cannot transmit that virus through the vaccine.
- However, if you are already infected with virus that causes COVID-19 when you received the vaccine but have no symptoms, you can still transmit the virus to others.

Is this vaccine effective against the variant strains that I have read about in the news?

- There are laboratory and clinical data to indicate that fully vaccinated persons are protected against the variants.

If I have other vaccines I am scheduled to get, when should I get them?

- You may receive this vaccine at or around the same time as other non-COVID-19 vaccines.

I have other questions that are not covered in this handout, who should I contact to help getting the answers?

- Your primary care provider is a good resource for vaccine-related questions.
- The RiverStone Health website also contains a list of general questions and answers. You can access them at <https://covid.riverstonehealth.org/>.

