

AFTER CARE

Janssen (Johnson & Johnson) COVID-19 Vaccine May 20, 2022

What should I do right after receiving the vaccine?

- Wait for at least 15 minutes after receiving your vaccine. A longer waiting time of 30 minutes may be recommended if there is concern about a possible vaccine allergy. Though uncommon, fainting or allergic reactions can occur after vaccination. Symptoms of an allergic reaction include hives (bumps on the skin that are often very itchy), swelling of your face, tongue or throat, or difficulty breathing. The clinic staff are prepared to manage these events should they occur.
- You may be asked to wait in the clinic or outside the clinic (such as in your vehicle) if an adult is with you. If you are asked to wait outside, inform the health care provider if you do not have a warm, dry place to wait.
- Inform a health care provider at the clinic if you feel unwell while waiting. If waiting in your vehicle, you can honk your horn to get their attention.
- If waiting inside the clinic, be sure to leave your mask on if possible and remain at least 2 metres away from anyone not part of your household.
- Use the alcohol-based hand rub to clean your hands before leaving the clinic.
- Do not operate a vehicle or other form of transportation for at least 15 to 30 minutes after being vaccinated (as advised by the health care provider) or if you are feeling unwell.

What should I expect in the next few days?

- Side effects can develop in the day or two after receiving the vaccine. Although these side effects are not serious to your health, they may make you feel unwell for a day or two; they will go away on their own.
- The most common side effect is pain where the needle was given; swelling where the needle was given may also occur. A cool, damp cloth or wrapped ice pack where the vaccine was given may help.
- Some local reactions may occur about 7 days or more after immunization and include a rash, tenderness

and extensive swelling where the injection was given. This is a known reaction that resolves on its own within 7-10 days.

- Other symptoms may include rash, headache, tiredness, muscle aches, feeling generally unwell or dizzy, nausea, fever/chills, pain in the hands/arm or feet/legs, or general body or muscle weakness and tinnitus (ringing or other noises in one or both of your ears).
- If needed, pain or fever medication (such as acetaminophen or ibuprofen) may help with pain or fever. Check with your health care provider if you need advice about medication.
- Serious side effects after receiving the vaccine are rare. However, should you develop any serious symptoms or symptoms that could be an allergic reaction, call 9-1-1 right away. Symptoms of an allergic reaction include:
 - » Hives (bumps on the skin that are often very itchy)
 - » Swelling of the face, tongue or throat
 - » Difficulty breathing
- There have been very rare reports of a combination of blood clots and low levels of blood platelets. Thrombosis with thrombocytopenia syndrome (TTS), in some cases with bleeding, following immunization with this vaccine. This includes severe cases presenting in unusual sites such as the brain and abdomen. Go to Emergency or call 911 right away if you have any of the following symptoms within 42 days after vaccination:
 - » Shortness of breath
 - » Chest pain
 - » Leg swelling or pain
 - » Abdominal pain that does not go away
 - » Sudden onset of severe or worsening headaches that do not go away
 - » Blurred vision
 - » Skin bruising (other than at the site of vaccination)
 - » Confusion or seizures

- There have been very rare reports of capillary leak syndrome following immunization with viral vector vaccines. This syndrome is a very rare, serious condition that causes fluid leakage from small blood vessels (capillaries). Go to Emergency or call 911 right away if you have any of the following symptoms anytime after vaccination:
 - » rapid swelling of the arms and legs
 - » sudden weight gain accompanied by feeling faint
- There have been very rare reports of an autoimmune condition called immune thrombocytopenia (ITP). This disorder typically occurs within 28 days after immunization and causes excessive bruising and bleeding because of low blood platelet levels. Death is rare. Seek medical care immediately if you experience the following:
 - » unexplained bleeding
 - » unexplained bruising
 - » small purplish spots beyond the site of vaccination
 - » shortness of breath
 - » chest pain
 - » leg pain and/or swelling
 - » persistent abdominal pain
- There is a rare risk of blood clots that start in the veins after immunization (venous thromboembolism (VTE)). Seek medical care immediately if you have the following:
 - » Unexplained shortness of breath
 - » Chest pain
 - » Stomach pain that lasts for a while
 - » Leg pain or tenderness of the thigh or calf
 - » Swelling in the legs
 - » Skin that feels warm to the touch
 - » Reddish skin discoloration or red streaks.
- There have been very rare reports of serious nerve inflammation causing Guillain-Barré Syndrome (GBS) or Transverse Myelitis (TM) . Seek medical care immediately if you develop these symptoms after vaccination:
 - » GBS: Numbness, weakness or inability to move the muscles in the arms, legs, face, chest or other muscles.
 - » TM: Seek immediate medical attention if you develop pain, muscle weakness, paralysis, sensation issues or bladder or bowel function problems.

- If you have any concerns about other symptoms you develop (other than those listed above) after receiving the vaccine, call 811. If you received your vaccination from a pharmacist, please consult them first when possible.
- If you are eligible to receive another dose, tell the immunizer about any side effects that you experienced after the first dose.

Do I need another vaccine dose?

- The Janssen vaccine is a 1-dose series.
- You should return to receive a first booster dose 2 months later.
- It is recommended that eligible individuals return for a second booster dose 4 months after the first booster dose.
- mRNA is the preferred vaccine for booster doses for those who received Janssen. However, Janssen vaccine can be provided if the other COVID-19 vaccines are contraindicated or if a client states their preference for Janssen after receiving all information to provide informed consent.
- Make an appointment or follow the instructions of the health care provider to ensure you receive the booster dose at the right time.
- Tell the person providing the next dose about any side effects you experienced after a previous dose.

Things to remember

- Continue to follow the recommendations of local public health officials to prevent spread of COVID-19, which may include wearing a mask, staying at least
- 2 metres from others and limiting/avoiding contact with others outside your household.
- Keep this sheet or other immunization record in a safe place. You can also download the [CANImmunize](#) app to keep track of this and other vaccines. Sign up for [MySaskHealthRecord](#), a secure website that enables Saskatchewan citizens to quickly and easily access their personal health information including immunization history.
- Women who are vaccinated with Janssen during pregnancy are encouraged to enroll in the COVID-19 Vaccines International Pregnancy Exposure Registry that monitors pregnancy outcomes. Register by visiting <https://c-viper.pregistry.com>.