COVID-19 VACCINE: After you get the Johnson & Johnson vaccine

Common Vaccine Side effects
- You may have side effects in the first 2 days after getting the vaccine. Common side effects can include sore or red arm, fever, chills, muscle aches, headache and feeling tired.
- They may affect your ability to do daily activities but should go away in a day or two.
- Vaccine side effects are normal and show that your body is learning to build up immunity. Not everyone will get them.

Tips to help with side effects
- Apply a clean, cool, wet washcloth to your arm to help reduce pain. It may also help to exercise your arm. If you have a fever, drink plenty of fluids and dress lightly.
- Over-the-counter medicines like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) can help with pain, fever, headache, or discomfort.

When to call your doctor
Contact your doctor if you have:
- Side effects that last more than 2 days
- Cough, runny nose, sore throat, or new loss of taste or smell (as these are not vaccine side-effects)
- Symptoms that get worse or worry you
- Symptoms that start more than 2 days after you get the vaccine

Rare, serious side effects
As with any medicine, it is rare but possible to have a serious reaction, such as finding it hard to breathe. It is unlikely that this will happen. If it does, call 911 or go to the emergency room.

Rare blood clots and low platelets
Rare blood clots in the brain, abdomen, and legs along with low levels of platelets have been reported in some people who got the J&J vaccine. Symptoms usually start in the first two weeks following vaccination. The chance of this happening is very low. Seek medical help right away if you have any of the following:
- Trouble breathing
- Chest pain
- Leg swelling
- Lasting gut pain
- Severe or constant headaches
- Blurred vision
- Easy bruising or tiny blood spots where you got the vaccine

Guillain Barré Syndrome
Guillain Barré syndrome has been reported in some people who got the J&J vaccine. It is a nervous system disorder with damage to nerve cells that causes muscle weakness and sometimes paralysis. In most people, symptoms began about 2 weeks after getting the vaccine. The chance of this happening is very low. Seek medical help right away if you have any of the following:
- Weak or tingling arms/legs
- Trouble walking
- Trouble moving your face, such as talking, chewing
- Double vision or unable to move eyes
- Trouble with bladder control/bowel function

The vaccine does not protect you right away
You are fully vaccinated 2 weeks after you got the vaccine.

Sign up for V-Safe, the CDC health checker
If you have a smartphone, please sign up at vsafe.cdc.gov to tell CDC about any side effects.

Want to learn more?
For more information, visit the “After You Get a Vaccine” webpage - scan the QR code or visit VaccinateLACounty.com
Managing stress and emotional health

As the world continues to fight COVID-19, you may feel more concerned, worried and fearful for your health, including your mental health.

Below are tips to help manage stress and improve your emotional health:

- Stay virtually connected to family and friends to avoid social isolation.
- Get lots of rest and eat plenty of fruits and vegetables. A healthy body helps maintain a healthy mind.
- Meditate and exercise regularly.
- Maintain personal hygiene and keep your living space clean and organized.
- Add structure in your day – create a routine.
- Find safe ways to enjoy your favorite activities.
- Limit the time you spend on news & social media.

Mental Health Resources

If you or someone you know is having a hard time coping with COVID-19, help is available 24/7 through the Los Angeles County Department of Mental Health’s Help Line. Call 1-800-854-7771 or text “LA” to 741741. More resources and tools (including access to Headspace) can be found at:

http://dmh.lacounty.gov/resources