



# 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 smart phone, please sign up at [v-safe.cdc.gov](https://v-safe.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](https://www.vaccinatelacounty.com)

## Continue to protect against COVID-19

- Wear a well-fitting mask.
- Wash (or sanitize) your hands often.
- Stay home when you are sick.
- Avoid crowded places and spaces with poor air flow.
- Keep your distance.



**If you are exposed to someone with COVID-19** and you are fully vaccinated and don't have any symptoms: you do not need to quarantine. You should get tested and monitor your health for 14 days.

**If you have symptoms of COVID-19:** stay home and away from others. Talk to your doctor and get a test.

**If you have a weak immune system:** If you have a health condition or are taking medicines that moderately or **severely weaken your immune system**, vaccination may not be as effective. Ask your doctor what precautions you need to take.

**For more details, visit the [When You Are Fully Vaccinated](#) webpage on the LA County DPH website.**

## 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.



Headspace has mindfulness and meditation resources in English and Spanish. It also has movement and sleep exercises to help manage stress, fear, and anxiety related to COVID-19.

### Keep your white vaccine card safe!

It is your official vaccination record. Take a photo or make a copy.

**You can get a digital vaccine record at [myvaccinerecord.cdph.ca.gov](http://myvaccinerecord.cdph.ca.gov)**

## 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>

