



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 very unlikely that this will happen. If it does, call 911 or go to the nearest emergency room.

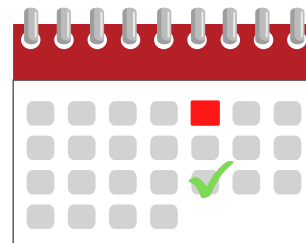
Rare blood clots and low platelets

There have been reports of rare blood clots in the brain, abdomen, and legs along with low levels of platelets in some people who got the J&J vaccine. In these people, symptoms began one to two weeks following vaccination. The risk of this happening is very low. Seek medical help right away if you have any of the following symptoms:

- Shortness of breath
- Chest pain
- Leg swelling
- Gut pain that does not go away
- Severe or constant headaches
- Blurred vision
- Easy bruising or tiny blood spots under the skin where you got the vaccine

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 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](https://vaccinateLACounty.com)

Continue to protect against COVID-19

- Wear a well-fitting mask when required.
- Wash (or sanitize) your hands often.
- Stay home when you are sick.



Some things you can do after you are fully vaccinated

You can:

- Go outdoors without a mask (unless you are in a crowded place).
- Visit indoors with other people who are fully vaccinated without wearing a mask or physical distancing.
- Visit indoors with unvaccinated people from one other household without masks or distancing, unless any of those people or their household members have a [high risk for severe illness from COVID-19](#).
- Travel - but you must follow the precautions described in the [LA County travel advisory](#).

If you have a health condition or are taking medications that 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 will get a text message from Healthvana or an email from vaccine@Healthvana.com with details on how to access your digital vaccination record.

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>

