

COVID-19 JANSSEN (JOHNSON & JOHNSON) VACCINE FACT SHEET

Getting vaccinated is the single most important step you can take to protect yourself and the people around you from the coronavirus. With the Johnson & Johnson (Janssen) COVID-19 vaccine, all it takes to get fully vaccinated is **one shot** in the upper arm. One and you're done!

The Johnson & Johnson vaccine has proven **highly effective and safe**. Millions of people in Colorado and throughout the United States are enjoying life, free of the coronavirus and often, free of restrictions, as a result of their decision to get vaccinated.

Helpful tips

Many people experience no side effects as a result of getting the vaccine. For those that do experience discomfort, finding relief can be as simple as taking an over-the-counter medicine like **ibuprofen** or **acetaminophen** (in consultation with your doctor — and please **wait to take any over-the-counter medicine until AFTER getting each vaccine dose**).

A few other ways to minimize side effects:

- **Drink** plenty of water.
- **Apply** a clean, wet washcloth to the area.
- **Dress comfortably** and lightly.
- **Move** and exercise your arm.



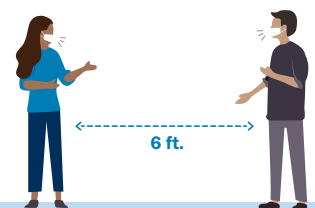
Other stuff to know

It'll pass. Any side effects from the Johnson & Johnson vaccine typically are short-lived.

This feels familiar. After being vaccinated, some people experience flu-like symptoms that limit their ability to do daily activities.

Two is the magic number. It takes two weeks after being vaccinated for your body to reap the full protective benefits of the Johnson & Johnson vaccine.

Stay safe. Keep doing your part to keep the virus from spreading. The more vigilant we all are, the sooner we can get back to a more normal life. So please, do right by yourself and the people around you by following the public health and safety recommendations that apply where you live.



COMMON SIDE EFFECTS



As with many common vaccines, people may experience side effects from the Johnson & Johnson COVID-19 vaccine, including:

- Pain, redness and/or swelling in the upper arm
- Muscle pain
- Fever
- Chills
- Tiredness
- Headache
- Nausea

When to call the doctor

Most of the vaccine's side effects are mild at worst.

Contact your doctor or healthcare provider:

- If redness or tenderness in the area of the shot increases after 24 hours.
- If the side effects don't seem to be subsiding after a few days.



Feeling side effects? The CDC wants to know

With a few clicks on your smartphone, you can tell the Centers for Disease Control about any vaccine side effects you experienced, and get reminders for getting a second dose, using the free v-safe app. Check it out at www.cdc.gov/vsafe. The more the CDC knows about your vaccination experience, the better equipped we'll be to avoid another pandemic.