

COVID-19 Vaccine Information Sheet

Janssen (Johnson & Johnson) Vaccine

Please read this information sheet carefully and ensure all your questions have been answered by a health care provider before receiving the vaccine.

What is COVID-19?

- Coronavirus disease 2019 (COVID-19) is an infectious disease caused by SARS-CoV-2, that appeared in late 2019. It is primarily a respiratory illness that can affect other organs. People with COVID-19 have reported a wide range of symptoms, ranging from mild symptoms to severe illness. Symptoms may appear 2 to 14 days after exposure to the virus.
- Symptoms of COVID-19 may include: fever or chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

How does the Janssen vaccine protect against COVID-19?

- The vaccine causes our body to produce protection (such as antibodies) to help keep us from becoming sick if we are exposed to the COVID-19 virus.
- The vaccine, which is a viral vector vaccine, uses a fairly new method that involves taking another virus called an adenovirus, weakening it so it cannot grow, and inserting instructions for part of the COVID-19 virus to help our body make protection against the COVID-19 virus.
- Clinical trials showed that beginning 2 weeks after the single dose, the Janssen COVID-19 vaccine lowered the chance of getting sick from COVID-19 by 67% and of getting seriously ill by 77%. This protection is somewhat lower than with an mRNA vaccine. Because of lower protection and some safety concerns, mRNA vaccines are preferred by the National Advisory Committee on Immunization (NACI). Discuss your vaccine choices with your health care provider.

Who should receive the Janssen vaccine?

- Individuals 18 years of age and older.
- There is little or no information about the use of the Janssen vaccine in pregnant or breastfeeding women.

Who should not receive a Janssen vaccine?

- If you are allergic to polysorbate 80, consult with your health care provider about whether to receive the Janssen COVID-19 vaccine. Polysorbate 80 rarely causes allergic reactions and is found in products such as medical preparations (e.g., vitamin oils, tablets, and anticancer agents), and cosmetics.
- If you have an unproven or suspected allergy to Polysorbate 80 you can receive the vaccine and you will be asked to wait in the clinic for 30 minutes after receiving the vaccine to make sure you are feeling well.
- If you had an allergic reaction to another vaccine (another type of COVID-19 vaccine or a non-COVID-19 vaccine) or other medication given by injection or intravenously in the past you may be asked to remain in the clinic for 30 minutes after receiving your vaccine.

Please tell the health care provider if:

- You have fainted or felt faint after receiving past vaccines or medical procedures. Your health care provider may recommend that you receive the vaccine lying down to prevent fainting.
- You have a bleeding disorder or are taking medication that could affect blood clotting. This information will help the health care provider prevent bleeding or bruising from the needle.

How is COVID-19 vaccine administered?

- The vaccine requires a single dose and is given as a needle in the upper arm.
- NACI has recommended that a booster dose of an mRNA COVID-19 vaccine may be given to people who received the Janssen vaccine; the booster dose is given at least 6 months after the first dose.

What are the risks of the vaccine?

- A combination of blood clots with low level of platelets (elements in the blood that help it to clot), in some cases together with bleeding, has been observed very rarely following vaccination with the Janssen COVID-19 Vaccine.
- Cases of capillary leak syndrome (CLS) have been reported very rarely in the first days following vaccination with Janssen COVID-19 Vaccine. Some of the reported cases had a history of CLS. CLS is a very rare disease characterized by acute episodes of limb swelling and low blood pressure and if not treated can be fatal.
- Very rare events of demyelinating disorders, such as Guillain-Barré syndrome (GBS) have been reported following vaccination with Janssen COVID-19 vaccine.
- Side effects can develop in the few days after receiving the vaccines. Although these side effects are not serious to your health, they may make you feel unwell for a few days; they will go away on their own. These types of side effects are expected and can indicate the vaccine is working to produce protection. In the study of the AstraZeneca vaccine, side effects included one or more of the following:
 - Pain, redness or swelling at the site of injections
 - Headache
 - Joint pain
 - Fever
 - Tiredness
 - Muscle pain
 - Chills
 - Nausea
- It is important to note that **you cannot get COVID-19 infection from the vaccine.**
- You will be asked about any COVID-19 symptoms when you arrive at the clinic. People with symptoms of COVID-19 should not attend the clinic.
- You will be asked to wear a mask while at the clinic, as well as to clean your hands, and to stay at least 2 metres (6 feet) from others (except those you live with).
- The staff will also be wearing personal protective equipment and will be cleaning their hands before and after each client.

After Care Information Sheet

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What should I do right after receiving the vaccine?

- Wait for at least 15 minutes after receiving your vaccine. Longer waiting times 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.
- Inform a health care provider at the clinic if you feel unwell while waiting.
- Be sure to leave your mask on if at all 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 or if you are feeling unwell.
- Continue to follow the recommendations of local public health officials to prevent spread of COVID-19, which includes wearing a mask, staying at least 2 metres from others and limiting / avoiding contact with others outside your household.
- Keep your immunization record with information about the COVID-19 vaccine in a safe place.

What should I expect in the next few days?

- Side effects can develop in the few days after receiving the vaccine. Although these side effects are not serious to your health, they may make you feel unwell for a few days; they will go away on their own.
 - The most common side effect is pain where the needle was given; swelling or redness where the needle was given may also occur. A cool, damp cloth or wrapped ice pack where the vaccine was given may help.
 - Other symptoms may include tiredness, headache, muscle pain, joint pain, chills, fever, and nausea.
 - If needed, pain or fever medication (such as acetaminophen or ibuprofen) can be used. Check with your health care provider if you need advice about medication.
- **Seek medical care immediately** if you develop symptoms following immunization which could be associated with **capillary leak syndrome (CLS)**. CLS causes fluid to leak from small blood vessels. Symptoms can occur within days after vaccination. Symptoms include: rapid swelling of the arms and legs, sudden weight gain, feeling faint.
- **Seek medical care immediately** if you develop symptoms following immunization which could be associated with **vaccine-induced immune thrombosis with thrombocytopenia (VITT)**. VITT causes blood clots with low platelets. Symptoms can occur within 4 weeks, and sometimes even up to 6 weeks, after vaccination. Symptoms include:
 - New severe headaches, worsening or persistent headaches; blurred vision, confusion or seizures
 - shortness of breath, chest pain, leg swelling, leg pain or persistent abdominal pain
 - unusual skin bruising or pinpoint round spots under the skin beyond the site of vaccination
- 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 such as coughing or shortness of breath.

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.
- **Any serious side effects after vaccination should be reported to your pharmacy, health care provider or local public health nursing;**

Charlottetown (902) 368-4530
 Montague (902) 838-0762
 Souris (902) 687-7049

Summerside (902) 888-8160
 O'Leary (902) 859-8720
 Wellington (902) 854-7270

Learn more about the steps you can take to keep yourself and others around you safe and help stop the spread of COVID-19 in PEI at:

PrinceEdwardIsland.ca/COVID19

