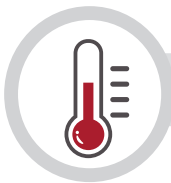


# WHAT TO EXPECT

## After a COVID-19 Vaccination - Single dose (Johnson & Johnson)

A COVID-19 vaccine will help protect you from getting COVID-19. Here you find information about what to expect after getting the single-dose Johnson & Johnson COVID-19 vaccine.



### Common Side Effects:

You may feel some side effects after getting the vaccine. This is a normal sign that your body is building protection. They should go away after a few days.

#### On the arm where you got the shot:

- Pain
- Swelling
- Redness

#### Throughout the rest of your body:

- Headache
- Feeling very tired
- Muscle aches
- Nausea
- Fever

If you get a COVID-19 vaccine and you think you might be having a severe allergic reaction after leaving the vaccination site, seek immediate medical care by calling 911.



### Helpful Tips:

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen. Taking these medications after you get the vaccine will not reduce its effectiveness.

#### To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area
- Use or exercise your arm

#### To reduce discomfort from fever:

- Drink plenty of fluids
- Dress lightly





### When to call your doctor:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or don't seem to be going away after a few days
- If you have any questions or concerns



### Remember:

- **When you receive your shot**, you will get a vaccination card to document the name of the vaccine and date of when you received the vaccine. Keep this card in a safe place.
- **It takes time for your body to build protection after any vaccination.** COVID-19 vaccines may not protect you until 2 to 4 weeks after your shot.
- **To help stop the pandemic you should continue to:**
  - Cover your nose and mouth with a mask
  - Avoid close contact with others outside your household
  - Wash hands often
  - Clean and disinfect surfaces
- If your temperature is \_\_\_\_\_ 'F or \_\_\_\_\_ 'C or higher or if you have questions, call your doctor.

Tell your doctor about: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Use your smartphone to tell the CDC about any side effects after getting the COVID-19 vaccine. Visit v-safe at [vsafe.cdc.gov](https://vsafe.cdc.gov)



Chen Senior  
Medical Center

Dedicated Senior  
Medical Center

JenCare Senior  
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