

VACCINE INFORMATION AND AFTER CARE

Janssen COVID-19 Vaccine

Please read this carefully and ensure a health care provider answers your questions before getting the vaccine.

How does the COVID-19 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. You cannot get a COVID-19 infection from the vaccine.



Janssen COVID-19 vaccine uses a fairly new method of vaccine technology and is called a non-replicating viral vector vaccine. The vector virus (called adenovirus), is changed to carry COVID-19 genes but is altered so it cannot cause disease. The vaccine stimulates our body to provide protection against the COVID-19 virus without us becoming sick. Data suggests that the Janssen COVID-19 vaccine provides a moderate level of protection when compared to mRNA COVID-19 vaccines, such as Pfizer Comirnaty and Moderna Spikevax.

A complete series with an mRNA COVID-19 vaccine (Pfizer-BioNTech Comirnaty or Moderna Spikevax) is preferred for individuals in the authorized age group without contraindications to the vaccine.

Individuals who receive one dose of the Janssen COVID-19 vaccine are eligible for a booster dose of an mRNA vaccine (Pfizer-BioNTech Comirnaty or Moderna Spikevax) six months (at least 168 days) after receiving the vaccine. Studies have shown that people who received one dose of Janssen COVID-19 vaccine have somewhat lower initial vaccine effectiveness and may become susceptible to COVID-19 infection sooner than people who received at least one dose of an mRNA vaccine.

JANSSEN COVID-19 VACCINE — VACCINE INFORMATION AND AFTER CARE

Please review the following information about the Janssen COVID-19 vaccine.

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Abnormal blood clotting, low platelets, bleeding

The Janssen COVID-19 vaccine is associated with very rare cases of unusual blood clots accompanied by low levels of blood platelets (which help blood clot). Most reports of this serious condition have been in adult women younger than 50 years old.

This very rare adverse event has not been seen following the Moderna Spikevax or Pfizer-BioNTech Comirnaty vaccine.

The symptoms can occur during the first month and up to 6 weeks after receiving the Janssen COVID-19 vaccine.

If you have any of the following symptoms after receiving the Janssen COVID-19 vaccine **please call 911 or seek medical help right away** and make sure you mention you have received the vaccine:

- sudden onset of severe headache
- headache that won't go away and is getting worse
- shortness of breath
- chest pain
- stomach pain that won't go away
- swelling and redness or pain in a limb
- pallor and coldness in a limb
- blurred or double vision; episodes similar to seizures; confusion
- skin bruising (other than the area where you were vaccinated) or, reddish or purplish spots, or blood blisters under the skin

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Capillary Leak Syndrome (CLS)

Very rare cases of capillary leak syndrome have been reported following immunization with Janssen COVID-19 vaccine. CLS is a serious, potentially fatal condition with fluid leaking from small blood vessels and characterized by swelling of the limbs, low blood pressure, low numbers of blood cells and albumin.

Symptoms can occur within days after vaccination and if you notice any signs of CLS, you should **seek immediate medical care**.

Symptoms of CLS include:

- Rapid swelling of the arms and legs
- Sudden weight gain
- Feeling faint

People who have a history of CLS should not receive the Janssen COVID-19 vaccine.

Guillain-Barré Syndrome (GBS)

US reports suggest an increased risk of the rare but serious adverse event, GBS, following vaccination with the Janssen COVID-19 Vaccine compared to mRNA (Pfizer or Moderna) COVID-19 vaccination. GBS causes numbness and weakness and sometime muscle paralysis. Symptoms can occur within weeks after vaccination.

Symptoms include:

- Numbness, weakness or inability to move the muscles in the arms, legs, face, chest or other muscles.

If you have any concerns about the symptoms you develop after receiving the vaccine, contact a health care provider for advice.

People with a past history of GBS should receive an mRNA vaccine such as Pfizer Comirnaty or Moderna Spikevax.

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Pregnancy

A complete mRNA COVID-19 vaccine series (Pfizer Comirnaty or Moderna Spikevax) is the preferred vaccine for pregnant people. There is accumulating information on the safety of the COVID-19 vaccine in pregnancy and there have not been any unique safety concerns raised about negative health effects from mRNA COVID-19 vaccine for pregnant people or their babies. There are concerns about the treatment of the rare side effect of blood clotting with low blood platelets during pregnancy, should it occur following the administration of the Janssen COVID-19 vaccine. Evidence is showing that pregnant people develop immunity from COVID-19 vaccines in the same way as non-pregnant people and that vaccination in pregnancy may provide some protection for babies.

You may choose not to receive the Janssen COVID-19 vaccine. You may choose to receive an mRNA COVID-19 vaccine if that is your preference.

Breastfeeding

A complete series of an mRNA COVID-19 vaccine is recommended for people who are breastfeeding. There is accumulating information on the safety of the COVID-19 vaccine in breastfeeding people and their infants. There have not been any unique safety concerns raised about negative health effects from the mRNA vaccine for breastfeeding people or their babies at this time.

You may choose not to receive the Janssen COVID-19 vaccine. You may choose to receive an mRNA COVID-19 vaccine if that is your preference.

Immune Suppressed

Do you have problems with your immune system or are you taking any medications that can affect your immune system (i.e. high dose steroids, chemotherapy)?

The efficacy and effectiveness data of viral vector vaccines like the Janssen COVID-19 vaccine in immunosuppressed populations is limited. The frequency of side-effects is similar to non-immunosuppressed individuals.

A complete mRNA COVID-19 vaccine series (Pfizer Comirnaty or Moderna Spikevax) is the preferred vaccine for people who are immunosuppressed.

It is important to be aware that individuals who are moderately to severely immunocompromised may have a diminished or a delayed response to a COVID-19 vaccine and it is therefore recommended that they receive an additional dose of mRNA COVID-19 vaccine (Pfizer Comirnaty or Moderna Spikevax) 28 days following their dose of the Janssen COVID-19 vaccine.

Do you have an autoimmune disease?

A complete mRNA COVID-19 vaccine series (Pfizer Comirnaty or Moderna Spikevax) is the preferred vaccine for people who have an autoimmune disorder. Emerging data suggests that people with an autoimmune condition who are not immunosuppressed have a similar response to COVID-19 vaccines as people without these conditions.

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Who can get the COVID-19 vaccine*?

If you identify with any of the situations in the ★ MAY BE ABLE TO GET ★ column, you should discuss your personal risks of COVID-19 and potential benefits and risks of getting the vaccine with your doctor, nurse practitioner, specialist, clinic nurse or pharmacist familiar with your medical history before deciding whether getting the vaccine is right for you.

ELIGIBILITY		CAN GET	MAY BE ABLE TO GET	SHOULD NOT GET
Age	Janssen COVID-19 vaccine – 18 years of age and older	✓		
Feeling unwell with symptoms that could be COVID-19				✗
Have had a COVID-19 infection but:				
• Are no longer infectious (no longer under the direction by Public Health to be isolating)		✓		
• Could spread COVID-19 to others or still feel unwell from a recent infection				✗
Have received monoclonal antibodies for treatment of COVID-19 (Bamlanivimab)				
Need to provide date when received to health care provider. Each situation will be decided on a case-by-case basis to ensure you receive protection from the vaccine.			★	
Breastfeeding or Pregnant				
Currently or planning to become pregnant before getting your second dose of vaccine. Learn more here .		✓		
Allergy to Polysorbates	Polysorbates are found in other medications (e.g. vaccines, vitamins, oils, anticancer treatment and medication tablets) and some creams and ointments.			✗
Had a severe reaction to a previous dose of COVID-19 vaccine, including allergic reaction?				
			★	
Had a previous episode of Capillary Leak Syndrome?				
				✗
Problems with immune system	Problems with immune system from disease or treatment	✓		
	Autoimmune conditions	✓		



* A complete series with an mRNA COVID-19 vaccine (Pfizer-BioNTech Comirnaty or Moderna Spikevax) is preferred for individuals in the authorized age group without contraindications to the vaccine.



In addition to the above information, tell the health care provider if:

- You have fainted or felt faint after getting past vaccines or medical procedures. Your health care provider may recommend that you get 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.
- You have had an anaphylactic reaction to another vaccine or to an injectable medication or product. You can get the vaccine but will be observed in the clinic for 30 minutes after vaccination in case of an unexpected allergic reaction.

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For information visit: novascotia.ca/vaccine-plan



Janssen COVID-19 Vaccine

Everything you need to know before you get the COVID-19 vaccine



What steps have been put in place to prevent the spread of COVID-19 at vaccine clinics?

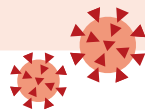
Health care providers are being very careful to prevent the spread of COVID-19 when offering the COVID-19 vaccine. Examples of extra safety measures include:

- Sanitize your hands when you arrive at the clinic.
- You will be asked if you have COVID-19 symptoms or if you are under any direction to be self-isolating when you arrive at the clinic.



People with symptoms of COVID-19 should cancel their appointment and rebook.

- Wear a mask while at the clinic.
- Only bring one support person if required
- Staff will also be wearing personal protective equipment and will be cleaning their hands before and after each client.
- Be sure to read and follow any signs or instructions provided.



What should I do before coming to the clinic for my appointment?

Wear a short-sleeve shirt or top with sleeves that are easy to roll up.

Have something to eat before coming to the clinic to prevent feeling faint while being vaccinated. It is also important to drink water and stay hydrated.

Bring a clean well fitted mask to wear while you're in the building.

Bring your Nova Scotia Health card if you have one.



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Janssen COVID-19 Vaccine

Everything you need to know after you get the COVID-19 vaccine



In rare cases, people can faint or have an allergic reaction after getting a vaccine.

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

Clinic staff are prepared to manage these events if they happen.

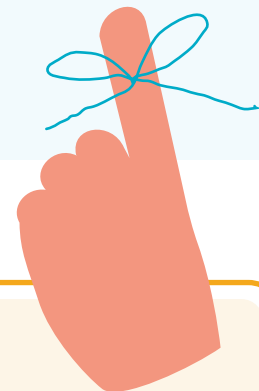
Tell a health care provider at the clinic right away if you are having any of these symptoms.

What should I do right after getting the vaccine?

- Stay in the clinic for 15 minutes after getting the vaccine. You may be asked to wait for 30 minutes if there is concern about a possible vaccine allergy or allergy to another injectable medication
- If you have a support person with you, you may be asked to wait in the clinic or outside the clinic (such as in your vehicle). If you are asked to wait outside, let the health care provider at the clinic know if you do not have a warm, dry place to wait.
- Tell a health care provider at the clinic if you feel unwell while waiting. If waiting in your vehicle, honk your horn to get their attention.
- If waiting inside the clinic, be sure to leave your mask on and stay at least two metres away from anyone who is not part of your household.
- Use the alcohol-based hand rub to clean your hands before leaving the clinic.

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What are the side effects of the COVID-19 vaccine? What can I expect over the next few days?

People can have side effects in the two weeks after getting the vaccine with most of the common side effects occurring in the first day or two. Although these side effects are not serious, they may make you feel unwell for about one to three days. They will go away on their own. These types of side effects are expected and can show the vaccine is working to produce protection in your body:

- Pain, swelling or redness where the needle was given. Place a cool, damp cloth or wrapped ice pack over where the vaccine was given
- Tiredness, headache, muscle pain, joint pain, nausea, vomiting, chills, fever or enlarged lymph nodes (swollen glands) in your underarm. Pain or fever medication (acetaminophen or ibuprofen) may relieve the pain or fever. Check with your healthcare provider if you need advice about medication.

Serious side effects after getting the vaccine are rare. However, should you develop any serious symptoms that could be related to unusual blood clots accompanied by low levels of blood platelets or Capillary Leak Syndrome after Janssen COVID-19 vaccination or symptoms related to an allergic reaction, call 911 right away.

If you have any concerns about the symptoms you develop after getting the vaccine, contact your health care provider for advice.

Things to remember

Even after you have received the COVID-19 vaccine, you must continue to follow public health guidance to prevent spread of COVID-19. Continue to follow these measures until we know more about how well the vaccine prevents infection and reduces the risk of transmission.

- ✓ wear a mask indoors
- ✓ clean your hands regularly
- ✓ stay home when you feel unwell and watch for COVID-19 symptoms. If you have symptoms, you need to self-isolate and **book a COVID-19 test**.

COVID-19 vaccines may be given at the same time as, or any time before or after other vaccines. A health care professional can help to determine timing of COVID-19 vaccines with non-COVID-19 vaccines.

Do not get a TB (tuberculin) test until 4 weeks after your COVID-19 vaccine.

Keep this sheet or other immunization record in a safe place.

If you have questions, call your health care provider or visit novascotia.ca/vaccine-plan.