

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.

The National Advisory Committee on Immunization (NACI) continues to strongly recommend that a complete series of an mRNA vaccine (Pfizer and Moderna) is preferred for all age groups over the use of a viral vector COVID-19 vaccine like Janssen.

NACI recommends that a viral vector COVID-19 vaccine such as Janssen should only be considered when all other COVID-19 vaccines are contraindicated.

Vaccine effectiveness (protection from vaccine) is lower with viral vector vaccines (e.g. Janssen) compared to mRNA vaccines (e.g. Pfizer and Moderna). Viral vector vaccines also have a risk of vaccine-induced immune thrombotic thrombocytopenia (VITT), transverse myelitis and other adverse events that are not concerns with mRNA vaccines.

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 is a non-replicating viral vector vaccine which triggers a response to help our body to protect itself against the virus. The vector virus is changed to carry COVID-19 genes, but altered so that it cannot cause disease.

It takes approximately 14 days after receiving a dose of the Janssen vaccine for your immune system to respond.

While breakthrough cases of COVID-19 will occur in vaccinated populations, evidence shows that receiving the vaccine protects individuals against severe disease and death.

Who can get the Janssen COVID-19 vaccine at this time?

Primary Series

Individuals 18 years and older are eligible to receive a one-dose primary series of Janssen COVID-19 vaccine. Janssen should be considered only if there are contraindications to receiving all other COVID-19 vaccines.

Doses given after the completion of the primary series

You can receive Janssen COVID-19 vaccine for doses after the primary series is completed, if all other vaccines are contraindicated. Eligibility and timing for receiving doses after the primary series is listed on [Nova Scotia's Coronavirus vaccine webpage](#).

When to cancel and rebook your vaccine appointment

Cancel and rebook your vaccine appointment if you tested positive or have signs and symptoms that could be a COVID-19 infection.

novascotia.ca/vaccine-plan

JANSSEN COVID-19 VACCINE — VACCINE INFORMATION AND AFTER CARE

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

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). This condition may be known as Vaccine Induced Thrombotic Thrombocytopenia (VITT) or Thrombosis with Thrombocytopenia (TTS).

This serious condition has occurred more frequently in younger adults compared to older adults and more in women compared to men in some age groups. The symptoms usually occur between 4 and 28 days but can occur up to 6 weeks after receiving the Janssen COVID-19 vaccine. Early diagnosis and appropriate treatment may reduce the risk of severe outcomes and death. This very rare adverse event has not been seen following mRNA vaccines.

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 :

- Shortness of breath
- Chest pain
- Leg swelling or pain
- Stomach pain that won't go away
- Sudden onset of severe headache
- Headache that won't go away or is getting worse
- Paleness 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

People who have a history of abnormal blood clotting, low platelets, and bleeding following receipt of a viral vector vaccine should not receive the Janssen COVID-19 vaccine.

Cerebral Venous Sinus Thrombosis (CVST)

People who have experienced a previous CVST with thrombocytopenia or heparin-induced thrombocytopenia (HIT) not related to vaccination with a viral vector vaccine should only receive the Janssen COVID-19 vaccine if the potential benefits outweigh the potential risks. You can receive an mRNA vaccine such as Pfizer or Moderna.

You should speak to your health care provider to determine if receiving the Janssen COVID-19 vaccine is right for you.

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, and 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.

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

Transverse Myelitis

Transverse myelitis is a neurological disorder where inflammation of the spinal cord causes weakness, sensory symptoms or problems with bladder or bowel function.

There is a very rare increased risk of transverse myelitis following receipt of Janssen COVID-19 vaccine, which is not seen following vaccination with mRNA COVID-19 vaccines such as Pfizer or Moderna. Symptoms include:

- Weakness in the legs and arms
- Sensory symptoms such as tingling, numbness, pain or loss of pain sensation
- Problems with bladder or bowel function.

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

Guillain-Barré Syndrome (GBS)

GBS is a rare but potentially serious neurologic disorder that occurs more frequently in males and persons aged 50 years and older. There is a very rare increased risk of GBS following receipt of a viral vector COVID-19 vaccine, such as Janssen, which is not seen following vaccination with mRNA COVID-19 vaccines such as Pfizer or Moderna. Symptoms include:

- weakness or tingling sensations, especially in the upper or lower limbs, that worsens and spreads to other parts of the body
- coordination problems and unsteadiness
- difficulty walking
- weakness in the limbs, chest or face
- difficulty with bladder control and bowel function
- double vision or difficulty moving eyes
- difficulty with facial movements, including swallowing, speaking, or chewing
- numbness, weakness or inability to move the muscles in the arms, legs, face, chest or other muscles.

To date, no increased risk of GBS has been identified following vaccination with the mRNA COVID-19 vaccines (Pfizer and Moderna).

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

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

Pregnancy

A complete mRNA COVID-19 vaccine series (Pfizer or Moderna) is preferred for pregnant people. The data on the safety of mRNA COVID-19 vaccines in pregnancy have identified no unique safety concerns about negative health effects from vaccine for pregnant people or their babies. However, 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.

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.

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

The efficacy and effectiveness data of viral vector vaccines like the Janssen COVID-19 vaccine in immunosuppressed populations is limited.

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.

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

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: | | | | |
| <i>Could spread COVID-19 to others or still feel unwell from a recent infection</i> | | | | ✗ |
| Are recovered from infection and have not yet completed your primary series: It is advised to wait 8 weeks (or between 4 to 8 weeks if you are immunocompromised) before receiving your next primary series dose. | | | | |
| Are recovered from infection and have already completed your primary series: For most people it is recommended to wait 168 days since infection before receiving a dose after your primary series is complete. For individuals who are eligible for a shortened interval of 120 days since last vaccine, it is also recommended to wait 120 days since infection before receiving your next dose. Waiting this period after infection may lead to a better immune response from the next COVID-19 dose. Some people may choose to receive their next dose sooner; it is advised to wait at least 3 months since infection, and these individuals must still wait the minimum interval since last vaccine. | | ✓ | | |
| Have received monoclonal antibodies (Sotrovimab) for treatment of COVID 19 <i>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.</i> | | | ★ | |
| Breastfeeding or Pregnant <i>Currently or planning to become pregnant before getting your second dose of vaccine. Learn more here.</i> | | ✓ | | |
| Allergy to Polysorbates | <i>Polysorbates are found in other medications (e.g. vaccines, vitamins, oils, anticancer treatment and medication tablets) and some creams and ointments. Consultation with an allergist is recommended before receiving Janssen COVID 19 vaccine.</i> | | ★ | |
| Had a severe reaction to a previous dose of COVID-19 vaccine, including allergic reaction? <i>Consultation with an allergist is recommended before receiving Janssen COVID 19 vaccine.</i> | | | ★ | |
| Had a previous episode of Capillary Leak Syndrome? | | | | ✗ |
| People who have a history of Thrombosis with Thrombocytopenia (TTS) following vaccination with a viral vector vaccine should not receive Janssen COVID-19 vaccine. | | | | ✗ |
| Have a history of a cerebral vascular sinus thrombosis (CVST) or heparin induced low platelets (HIT)? <i>Consult with your health care provider to see if receiving Janssen COVID-19 vaccine is right for you.</i> | | | ★ | |
| Have a history of Guillian-Barré Syndrome (GBS)? <i>People with a past history of GBS should receive an mRNA vaccine such as Pfizer or Moderna.</i> | | | ★ | |
| Problems with immune system | <i>Problems with immune system from disease or treatment</i> | ✓ | | |
| | <i>Autoimmune conditions</i> | ✓ | | |



***A complete series with an mRNA COVID 19 vaccine (Pfizer or Moderna) 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.

Janssen COVID-19 Vaccine

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



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.



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.

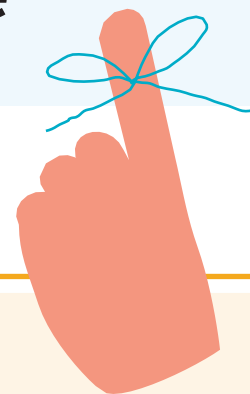
Tell a health care provider at the clinic right away if you are having any of these symptoms.

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).
- 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.
- It is recommended that you keep your mask on while at the vaccine clinic.
- 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 your COVID-19 vaccine(s), it is strongly recommended that you continue following public health measures to keep yourself and others safe.

- ✓ Clean your hands regularly
- ✓ Stay home when you feel unwell

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.

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