What to Expect After Your Janssen/Johnson & Johnson COVID-19 Vaccine

Janssen/Johnson & Johnson one-dose vaccine uses a weakened form of adenovirus to deliver instructions to the body’s immune system to fight the COVID-19 virus. This vaccine won’t make you sick with either COVID-19 or adenovirus.

You may not feel any changes after getting the shot. But you might feel “under the weather.” This can happen after any vaccine. It is the body’s immune response to getting vaccinated and a sign that the vaccine is starting to work.

These are the most common mild side effects after getting vaccinated:

- A sore arm
- Headache
- Fever
- Chills
- Tiredness

These steps may help you feel better:

- If you have a fever:
  - Drink lots of fluids.
  - Use an over-the-counter fever reducer.
- If your arm is sore after getting the shot:
  - Put a cold pack or ice in a clean, wet washcloth on it, for 20 minutes as needed.
  - Move your arm to help with pain and swelling.
  - Use an over-the-counter pain reliever for soreness.

Some people may experience side effects more severely and/or for a longer duration. Please talk to a health care professional if you do not feel well after 2 or 3 days.
After your shot:

You will get a vaccine record card with information about the type of vaccine you received. Take the card home and save it with your other important medical and vaccination records.

Take a picture of the card in case you are asked for the information later.

Being protected from COVID-19 is worth it.

After you get vaccinated, it’s important to continue to prevent the spread of COVID-19 to protect people who aren’t yet vaccinated. So,

- Wear a mask over your nose and mouth.
- Stay at least 6 feet away from others.
- Avoid crowds.
- Avoid poorly ventilated spaces.
- Wash your hands often.

Thank you for choosing to get vaccinated.

For general questions about COVID-19 vaccine, call the COVID-19 Vaccine Call Center at 1-833-NYS-4-VAX (1-833-697-4829).

https://covid19vaccine.health.ny.gov/frequently-asked-questions-0