



PRESSING PAUSE ON THE J&J VACCINE WHAT YOU NEED TO KNOW

On April 13, 2021, the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA) issued a recommendation to pause use of the Johnson & Johnson (also J&J or Janssen) COVID-19 vaccine.

Recently, there were reports of a serious blood clotting disorder following administration of this vaccine:

- Six cases of rare but severe blood clots were reported to the Vaccine Adverse Event Reporting System (VAERS).
- All cases occurred in women between the ages of 18-48, one of whom passed away.
- On April 14, 2021, an additional case was reported and is under investigation.

Why Was the Vaccine Paused?

When adverse or previously unreported events due to a vaccine are reported, this signals the FDA to investigate the relationship between the vaccine and the event. In this case, the FDA is investigating whether the Johnson & Johnson vaccine caused the blood clots.

- Over seven million doses of the Johnson & Johnson vaccine have been administered.
- The chance of experiencing these blood clots is less than one in one million.

The CDC and the FDA are treating this issue very seriously, which is why they decided to pause the vaccine while they examine the issue further.

So is the Johnson & Johnson Vaccine Safe?

For the majority of people, yes. However, as with many medical products, a small number of people may experience serious negative side effects. More information is needed on how likely those side effects are, which is why use of the vaccine has been paused.

If You Have Received the Johnson & Johnson Vaccine:

Monitor yourself for 2 weeks following your vaccine for the following symptoms:

- Severe headache
- Shortness of breath
- Backache
- Leg swelling
- Seizures
- Tiny red spots on the skin
- Severe abdominal pain
- New/easy bruising

If you experience any of these symptoms following your vaccination, it does not necessarily mean you are at risk. However, it is best to check with a medical professional just to be safe.

It is Still Important to Get Vaccinated Against COVID-19!

COVID-19 is a serious illness with many serious negative consequences so it is still important to get vaccinated and prevent serious illness from occurring. While use of the Johnson & Johnson vaccine has been paused, there are alternative vaccines available (Pfizer/BioNTech and Moderna). These vaccines have been in use since December 2020 and have not been associated with any serious side effects.

