



## COVID-19 Vinalhaven Emergency Operations Center (EOC)

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## COVID-19 Update 4-16-21

### J&J VACCINE “PAUSE”

It's likely by now you've heard about the “pause” in the use of Johnson & Johnson's Janssen COVID-19 Vaccine (also referred to as the “J&J vaccine”, or simply “the J&J”). ICMS has been taking a number of calls from folks who have questions and concerns. Some have recently had the single-dose J&J and are wondering: *Should I be worried? What should I be looking out for?* Others were hoping to get the J&J vaccine because it only requires one dose rather than two. Now these folks are thinking otherwise and want to know if and when it will be safe to get the J&J.

### Here's What We Know:

- On April 13, 2021, CDC and FDA recommended a pause in the use of the J&J vaccine when out of nearly 7 million doses administered so far in the United States, a small number of cases of a rare and severe type of blood clot were reported in people after receiving the J&J/Janssen COVID-19 Vaccine.
- All reports occurred among women between the ages of 18 and 48, and symptoms occurred six to 13 days after vaccination.
- Not enough is known yet to say if the vaccine is related to or caused this health issue. To be extra careful, CDC and FDA recommend that the vaccine not be given until we learn more.

As of April 13, 2021, no cases have been reported among the more than 180 million people who received the Pfizer-BioNTech or Moderna vaccines. So if you haven't been vaccinated yet, we encourage you to do so. To get vaccinated by ICMS using the Pfizer-BioNTech or Moderna vaccines, please contact **Anna Clapham (207) 863-4341 ex. 1126** or [aclapham@icmsvh.org](mailto:aclapham@icmsvh.org)

PenBay is also a vaccination site option for island residents. For more information visit [www.mainehealth.org/Coronavirus-COVID-19/Vaccine/FAQs](https://www.mainehealth.org/Coronavirus-COVID-19/Vaccine/FAQs) or call **1-877-780-7545**

Vaccines are available at other facilities throughout the state.  
FMI go to [www.maine.gov/covid19/vaccines/vaccination-sites](https://www.maine.gov/covid19/vaccines/vaccination-sites)

Please visit the CDC's website for answers to your questions related to the pause in the use of the. Go to [www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/JJUpdate.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/JJUpdate.html)

ICMS is available to answer your questions and address your concerns regarding the J&J vaccine. Call **(207) 863-4341**

### What to Look For

*We cannot stress enough that the blot clot cases being investigated by the CDC and FDA are extremely rare. Nonetheless, it's important to seek medical care if develop any of the following symptoms after receiving the J&J vaccine:*

**severe headache  
backache  
new neurologic  
symptoms  
severe abdominal pain  
shortness of breath  
leg swelling  
tiny red spots on the skin  
new or easy bruising**