It is important to know that this type of vaccine has been studied for years and was used to develop a vaccine for the Ebola virus. Here’s how the Janssen (Johnson & Johnson) COVID-19 vaccine works:

Scientists isolated one part of the virus – the spike – that they could use to teach our bodies what to look out for.

The vaccine is basically instructions to tell our bodies how to make examples of that spike delivered by a harmless vector (NOT the actual COVID-19 virus).

Without the vaccine, when the coronavirus enters your body, your immune system does not recognize it quickly enough that it is bad, and that gives the virus plenty of time to spread through your system and make you sick. Without the vaccine, your immune system is left desperately trying to play catch up as the virus spreads through your body.

With the vaccine, your body already knows to be on the lookout for that spike. If you are vaccinated, when the coronavirus enters your system, your body immediately gets to work destroying it.

The vaccine does NOT involve injecting you with COVID-19 and it does NOT change your DNA or your genetic code.

Because it is just the spike and not an actual virus, you will not get sick when your body builds an example spike. The response some people have to the vaccine (headache, fever, chills, sore arm) is because your immune system is recognizing something new and unusual and launching an attack on it.