How to Administer Intramuscular and Subcutaneous Vaccine Injections to Adults

Intramuscular (IM) Injections

Administer these vaccines via IM route
- Haemophilus influenzae type b (Hib)
- Hepatitis A (HepA)
- Hepatitis B (HepB)
- Human papillomavirus (HPV)
- Influenza vaccine, injectable (IIV)
- Influenza vaccine, recombinant (RIV3; RIV4)
- Meningococcal conjugate (MenACWY)
- Meningococcal serogroup B (MenB)
- Pneumococcal conjugate (PCV13)
- Pneumococcal polysaccharide (PPSV23) – may also be given Subcut
- Polio (IPV) – may also be given Subcut
- Tetanus, diphtheria (Td), or with pertussis (Tdap)
- Zoster, recombinant (RZV; Shingrix)

Injection site
Give in the central and thickest portion of the deltoid muscle – above the level of the armpit and approximately 2–3 fingerbreadths (~2") below the acromion process. See the diagram. To avoid causing an injury, do not inject too high (near the acromion process) or too low.

Needle size
22–25 gauge, 1–1½" needle (see note at right)

Needle insertion
- Use a needle long enough to reach deep into the muscle.
- Insert the needle at a 90° angle to the skin with a quick thrust.
- Separate two injections given in the same deltoid muscle by a minimum of 1".

Subcutaneous (Subcut) Injections

Administer these vaccines via Subcut route
- Measles, mumps, rubella (MMR)
- Pneumococcal polysaccharide (PPSV23) – may also be given IM
- Polio (IPV) – may also be given IM
- Varicella (Var; chickenpox)
- Zoster, live (ZVL; Zostavax)

Injection site
Give in fatty tissue over the triceps. See the diagram.

Needle size
23–25 gauge, 5/8" needle

Needle insertion
- Pinch up on the tissue to prevent injection into the muscle. Insert the needle at a 45° angle to the skin.
- Separate two injections given in the same area of fatty tissue by a minimum of 1".

Note: A ⅝" needle is sufficient in adults weighing less than 130 lbs (<60 kg) for IM injection in the deltoid muscle only if the subcutaneous tissue is not bunched and the injection is made at a 90° angle; a 1" needle is sufficient in adults weighing 130–152 lbs (60–70 kg); a 1–1½" needle is recommended in women weighing 153–200 lbs (70–90 kg) and men weighing 153–260 lbs (70–118 kg); a 1½" needle is recommended in women weighing more than 200 lbs (91 kg) or men weighing more than 260 lbs (more than 118 kg).