How to Administer Intramuscular and Intranasal Influenza Vaccines

Intramuscular injection (IM)

All injectable influenza vaccines

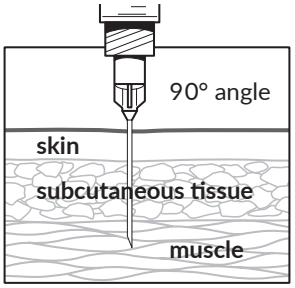
1 Select the appropriate needle length according to the tables below.

2 Identify your landmark for the injection: anterolateral thigh muscle for children 6 months through 2 years, deltoid muscle (or anterolateral thigh as an alternative) for people 3 years and older. For more information and illustrations on where to give IM injections, see www.immunize.org/catg.d/p2020.pdf.

3 With your non-dominant hand, spread the skin to isolate the muscle. Another acceptable technique for pediatric and geriatric patients is to grasp the tissue and "bunch up" the muscle.

4 With your dominant hand, insert the needle at a 90° angle to the skin with a quick thrust.

5 Push down on the plunger and inject the entire contents of the syringe. There is no need to aspirate.



6 Remove the needle and then apply pressure to the injection site with a dry cotton ball or gauze. Hold in place for several seconds.

7 If there is any bleeding, cover the injection site with a bandage.

8 Put the used needle and syringe in a sharps container.

Injection Site and Needle Size

Intramuscular (IM) injection
Use a 22–25 gauge needle. Choose the injection site and needle length that is appropriate to the person's age and body mass.

AGE	NEEDLE LENGTH	INJECTION SITE
Newborns (first 28 days)	⅝"[1]	Anterolateral thigh muscle
Infants (1 through 11 mos)	1"	Anterolateral thigh muscle
Toddlers (1 through 2 yrs)	1–1¼"	Anterolateral thigh muscle[2]
	⅝[3]–1"	Deltoid muscle of arm
Children (3 through 10 yrs)	⅝[3]–1"	Deltoid muscle of arm[2]
	1–1¼"	Anterolateral thigh muscle
Adolescents and teens (11 through 18 yrs)	⅝[3]–1"	Deltoid muscle of arm[2]
	1–1½"	Anterolateral thigh muscle

Biological sex and weight of patient 19 yrs or older	NEEDLE LENGTH	INJECTION SITE
Female or male <130 lbs	⅝[3]–1"	Deltoid muscle of arm
Female or male 130–152 lbs	1"	Deltoid muscle of arm
Female 153–200 lbs Male 153–260 lbs	1–1½"	Deltoid muscle of arm
Female more than 200 lbs Male more than 260 lbs	1½"	Deltoid muscle of arm
Female or male, any weight	1[3]–1½"	Anterolateral thigh muscle

1. If skin is stretched tightly and subcutaneous tissues are not bunched.
2. Preferred site
3. Alternative needle lengths may be used for IM injections if the skin is stretched tightly, the subcutaneous tissues are not bunched, and the injection is made at a 90° angle to the skin as follows: a) a ⅝" needle for vaccine recipients weighing less than 130 lbs (less than 60 kg) or b) a 1" needle for administration in the thigh muscle for adults of any weight.

Intranasal administration (NAS)*

Live Attenuated Influenza Vaccine (LAIV)

1 FluMist (LAIV) is for intranasal administration only. Do not inject FluMist.

2 Remove rubber tip protector. Do not remove dose-divider clip at the other end of the sprayer.

3 With the recipient in an upright position, place the tip just inside the nostril to ensure LAIV is delivered into the nose. The patient should breathe normally.

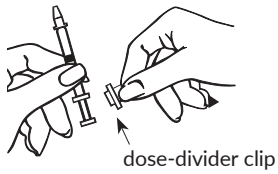


4 With a single motion, depress plunger as rapidly as possible until the dose-divider clip prevents the plunger from going further.

5 Pinch and remove the dose-divider clip from the plunger.

6 Place the tip just inside the other nostril, and with a single motion, depress plunger as rapidly as possible to deliver the remaining vaccine.

7 Dispose of the applicator in a sharps container.



*These instructions describe delivery of LAIV in a clinical setting. People who order LAIV for home use should read and follow the manufacturer's instructions for preparation and administration of LAIV.

NOTE: LAIV may be administered to people with minor acute illnesses, such as a mild upper respiratory infection (URI). However, if clinical judgment suggests the recipient has nasal congestion that might keep the vaccine from making good contact with the nasopharyngeal mucosa, consider deferring LAIV until the congestion resolves or using an appropriate alternative influenza vaccine, if available.