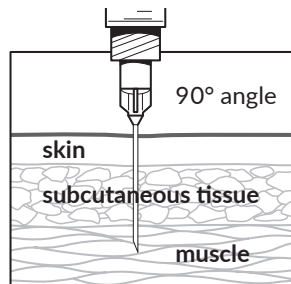


How to Administer Intramuscular and Intranasal Influenza Vaccines

Intramuscular injection (IM)

All injectable influenza vaccines

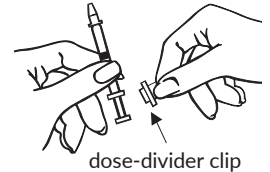
- 1 Use a needle long enough to reach deep into the muscle. Infants age 6 through 11 mos: 1"; 1 through 10 yrs: 1–1¼"; and children and adults 11 years and older: 1–1½".
- 2 Identify your landmark for the injection: anterolateral thigh muscle for children 6 months through 2 years, deltoid muscle (or 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, 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.



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 you 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.

