

# YOU CALL THE SHOTS



**Shoulder injuries related to vaccine administration**  
Improper vaccine administration could result in shoulder injuries such as shoulder bursitis and tendinitis.

**Make sure vaccination is safe.**

## KNOW THE SITE. GET IT RIGHT!

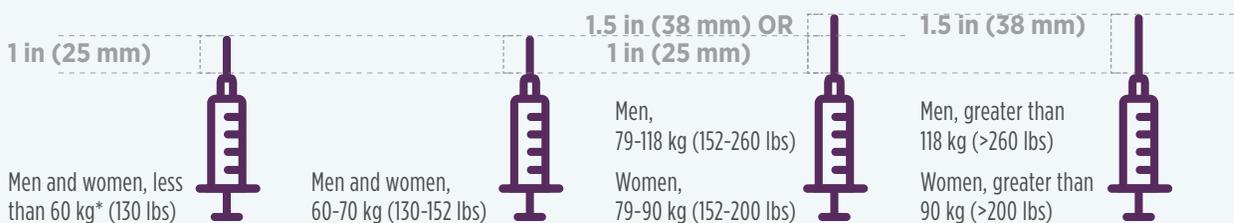
When administering vaccine by an intramuscular (IM) injection to an adult:



### Use the correct syringe and needle

- » Vaccine may be administered using either a 1-mL or 3-mL syringe
- » Use a 22 to 25 gauge needle
- » Use the correct needle size based on your patient's size

### Injection site: Deltoid muscle of upper arm

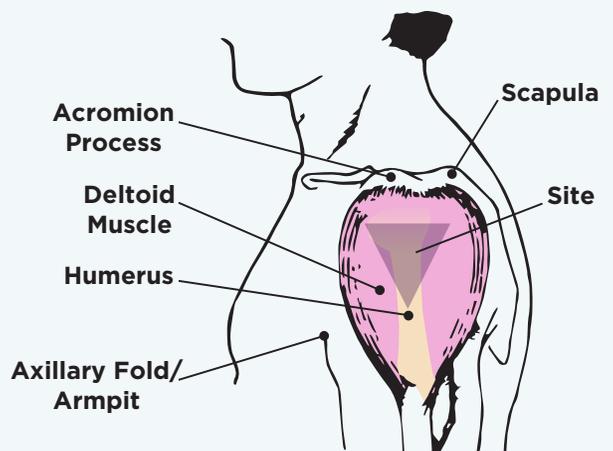


\*Some experts recommend a 5/8-inch needle for men and women who weigh less than 60 kg (130 lbs).



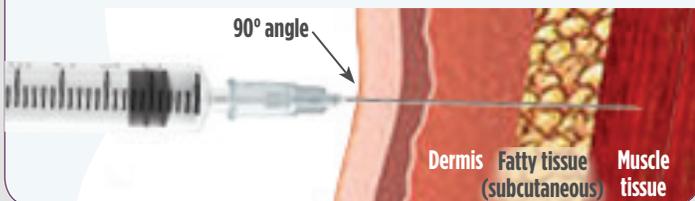
### Identify the injection site

- » Locate the deltoid muscle of the upper arm
- » Use anatomical landmarks to determine the injection site
- » In adults, the midpoint of the deltoid is about 2 inches (or 2 to 3 fingers' breadth) below the acromion process (bony prominence) and above the armpit in the middle of the upper arm



### Administer the vaccine correctly

- » Inject the vaccine into the middle and thickest part of the deltoid muscle
- » Insert the needle at a 90° angle and inject all of the vaccine into the muscle tissue



### Always follow safe injection practices

- » Maintain aseptic technique
- » Perform hand hygiene before preparing and administering vaccines
- » Use a new needle and new syringe for each injection
- » If using a single-dose vial (SDV) discard after use  
*A SDV should be used for one patient only!*



### IM injection best practices

- » Administering the injection too high on the upper arm may cause shoulder injury
- » If administering additional vaccines into the same arm, separate the injection sites by 1 inch if possible

Report any clinically significant adverse event after vaccination to the Vaccine Adverse Event Reporting System (VAERS) at [vaers.hhs.gov/](http://vaers.hhs.gov/)

For additional information on proper vaccine administration, visit the CDC vaccine administration web page at [www.cdc.gov/vaccines/hcp/admin/admin-protocols.html](http://www.cdc.gov/vaccines/hcp/admin/admin-protocols.html)

