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

- 1 in (25 mm)
- 1.5 in (38 mm) OR
- 1 in (25 mm)

**Men and women, less than 60 kg** (130 lbs)

**Men and women, 60-70 kg** (130-152 lbs)

**Men, 79-118 kg** (152-260 lbs)

**Women, 79-90 kg** (152-200 lbs)

**Men, greater than 118 kg** (>260 lbs)

**Women, greater than 90 kg** (>200 lbs)

*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

**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

**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!*

**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)

Remember—you call the shots when it comes to proper flu vaccine administration!