## **Administering Injectable Vaccines**

## **Cleaning the Injection Site**

- I. Wash your hands.
- 2. Clean the injection site with an alcohol pad or a cotton ball soaked with alcohol. Using a circular motion, wipe from the center of the injection site out about two inches in a spiral pattern.
- 3. Allow the alcohol to dry for several seconds. (Alcohol stings if it gets into the injection.)
- 4. Throw away the cotton ball.

## Giving an Intramuscular (IM) Injection

- I. Clean the injection site. (See above.)
- 2. With your left hand\*, bunch up the muscle.
- 3. With your right hand\*, insert the needle at a 90-degree angle to the muscle.
- 4. Push down on the plunger and inject the entire contents of the syringe. Do not aspirate.
- 5. Remove the needle and simultaneously apply light pressure to the injection site with a dry cotton ball or gauze. Hold it in place for several seconds.
- 6. If there is any bleeding, cover the injection site with a bandage.
- 7. Put the used syringe in a sharps container.

\* Use opposite hand if you are left-handed.

## **Giving a Subcutaneous (SC) Injection**

- I. Clean the injection site. (See above.)
- 2. With the thumb and index finger of your left hand\*, pinch up the fatty tissue of the injection site.
- 3. With your right hand\*, insert the needle at a 45-degree angle to the skin. Insert the entire needle.
- 4. Push down on the plunger and inject the entire contents of the syringe. Do not aspirate.
- 5. Remove the needle and simultaneously apply light pressure with a dry cotton ball or gauze on the injection site. Hold it in place for several seconds.
- 6. If there is any bleeding, cover the injection site with a bandage.
- 7. Put the used syringe in a sharps container.

**Important!** Dispose of used needles immediately after use. Never re-cap a used needle or try to separate it from the syringe.

