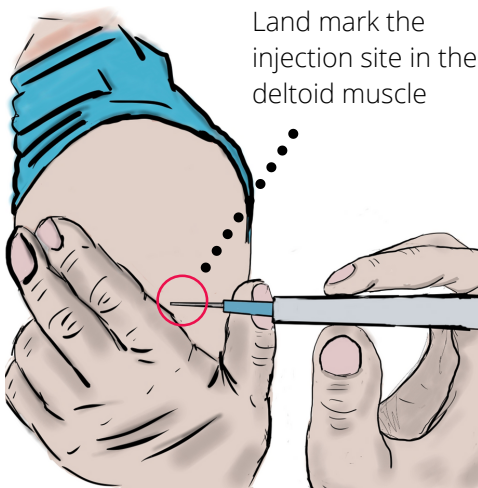
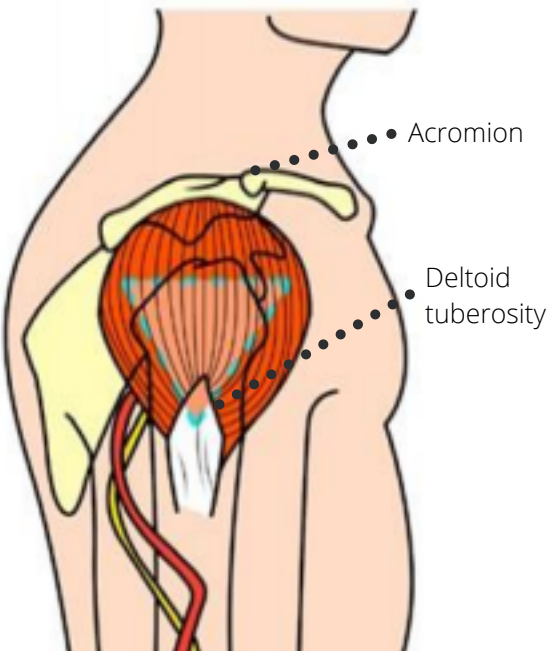


Intramuscular (IM) Injection Technique

All vaccinators must be competent in IM injection technique. Below is a reminder of IM injection technique.
Note: COVID-19 vaccine should be given IM only.



1. Land mark the injection site in the deltoid muscle:

- Two finger widths down from the acromion process; the bottom edge is at an imaginary line drawn from the axilla
- Injection site: 5cms below acromion process

NOTE: The recommended site is in the middle of the triangle. To avoid causing an injury, do not inject too high or too low. Vaccinators should landmark the injection site and use correct injection technique to prevent shoulder injuries.

2. At the injection site spread the skin taut between the thumb and forefinger with the non-dominant hand.

- Do **NOT** bunch up the skin as this leads to administering the vaccine into subcutaneous tissue inadvertently.

NOTE: COVID-19 vaccine should be given by IM only.

3. Use the dominant hand to inject the medication. This ensures control of the needle and syringe during the procedure.

4. Hold the syringe firmly between thumb and forefinger, with heel of hand resting on the thumb of the non-dominant hand. This ensures a 90-degree angle is achieved and the correct site is targeted

5. Insert the needle smoothly and swiftly.

6. Inject at a 90-degree angle, to ensure the medication reaches the muscle. Inject medication over 1-2 seconds.

7. After removing the needle, use gentle pressure with a cotton ball or gauze. Do not massage the injection site.

8. If there is a leakage at the injection site after withdrawal of needle: apply light pressure with gauze.

Swift needle entry

Slow injection of medication

Swift needle withdrawal



Less pain

NIAC recommendations:

"It is not necessary to use gloves for vaccine injections, unless contact with potentially infectious body fluids is possible, or unless the health care worker has an infected lesion on the hand. If gloves are worn they should be changed for each patient. If the skin at the injection site is visibly dirty it should be cleaned with soap and water. There is no need to use a disinfectant e.g. alcohol swabs. If an alcohol swab is used, injection should be delayed for ≥30 seconds, to ensure the alcohol will have evaporated".

[Read the guidelines](#)