

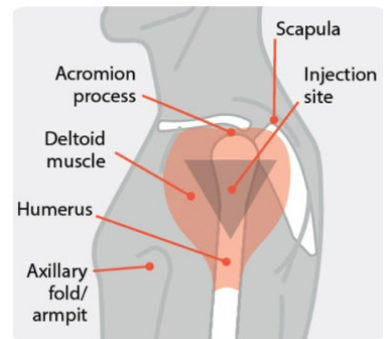
## Avoid Shoulder Injury When Administering COVID-19 Vaccines

Please share with all vaccinators and ensure that everyone uses proper techniques when administering intramuscular vaccinations

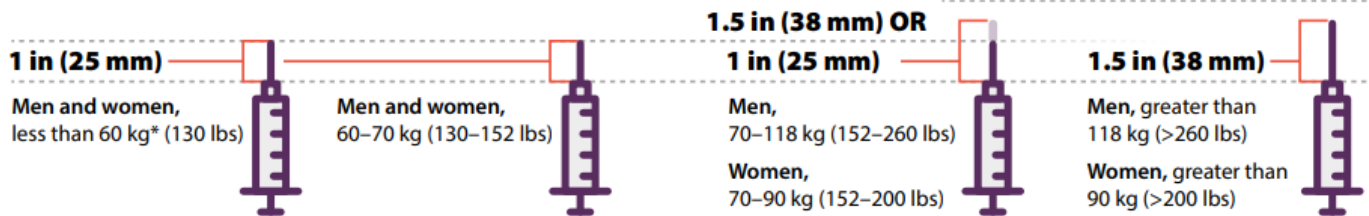
We have received reports of incorrect placement of intramuscular COVID-19 vaccine injections, which can cause shoulder injury. Most of these injections appear to have been placed too high, above the deltoid muscle, where the needle can penetrate the shoulder joint or bursa, and result in shoulder pain, weakness and decreased range of motion that require ongoing medical intervention. Injections too low can result in nerve damage.

To avoid injury and ensure injection into muscle, when administering intramuscular vaccines:

- Place the needle at the thickest part of the deltoid muscle, below the acromion process but above the armpit
- Inject at a 90-degree angle with a quick thrust
- Use a 22 to 25-gauge needle

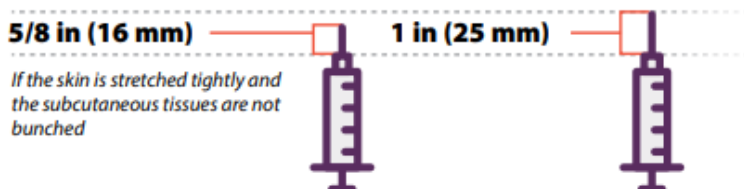


**For adults 19 years of age and older**, use a needle 1 to 1.5 inches long (depending on weight and gender)



*\*Some experts recommend a 5/8-inch needle for men and women who weigh less than 60 kg (130 lbs). If used, the skin must be stretched fully and the subcutaneous tissues must not be bunched.*

**For children 7 to 18 years of age**, use a 5/8 to 1-inch needle to inject into the deltoid muscle



We recommend observing staff at least once to ensure proper techniques. Please see additional guidance on vaccine administration from the [Centers for Disease Control and Prevention](#) and the [Immunization Action Coalition’s Skills Checklist](#) for correct vaccine administration.

Images from CDC, [Intramuscular \(IM\) injections: Adults 19 years of age and older](#) and [Intramuscular \(IM\) Injection Children 7 through 18 years of age](#)