Intramuscular administration of influenza vaccine should be undertaken by injection into the deltoid muscle of the upper arm.

To locate the deltoid site for injection:

- Expose the arm completely, from the top of the shoulder to the elbow; roll up the sleeve or remove the shirt if needed.
- Locate the shoulder tip (acromion).
- The injection site is in the central and densest portion of the deltoid muscle, above the armpit and below the acromion (refer to Figure 1).

To administer an intramuscular injection:

- Select appropriate needle length, dependent on age and body mass (refer to ACIP recommendations\(^1\)).
- Insert needle at a 90° angle to the skin with a quick thrust.
- Retain pressure on skin around injection site with thumb and index finger while needle is inserted.
- Aspiration before injection is not required.

Failure to correctly administer vaccine may result in shoulder injury.\(^2\)

Figure 1: Location of deltoid injection site and intramuscular injection
(Adapted from Minnesota Department of Health)