

Aim: Vaccination and injection techniques

Description:

Health care personnel should always perform hand hygiene before administering vaccines by any route.

Occupational Safety and Health Administration (OSHA) regulations typically do not required gloves to be worn when administering vaccines unless the person administering the vaccine is likely to come in contact with potentially infectious body fluids or has open lesions on the hands.

During the COVID-19 pandemic, gloves should be worn when administering intranasal or oral vaccines. If gloves are worn, they should be changed, and hand hygiene should be performed between patients.

Different Routes of administration of vaccine:

- **Oral Route (PO):**Oral vaccine is administered through drops to the mouth. Rotavirus vaccine (RV1 [Rotarix], RV5 [RotaTeq]) is the only routinely recommended vaccine administered orally. Rotavirus vaccine should never be injected.
- **Intranasal vaccine:**Intranasal vaccine is administered into each nostril using a manufacturer-filled nasal sprayer. Live, attenuated influenza (LAIIV [FluMist]) vaccine is the only vaccine administered by the intranasal route.
- **Subcutaneous Route (Subcut):**Subcutaneous injections are administered into the fatty tissue found below the dermis and above muscle tissue.
- **Intramuscular Route (IM):**Intramuscular injections are administered into the muscle through the skin and subcutaneous tissue. The recommended site is based on age. Use the correct needle length and gauge based on the age, weight, and gender of the recipient.

When administering a vaccine by injection, choose the correct needle size based on the route, age, patient size, and injection technique. See chart below to identify the route for each injectable vaccine

I NJECTABLE VACCINES	ROUTE	SITE
DTaP, DT, HepA, HepB, Hib, HPV, , IIV4, RIV4	Intramuscular injection	Vastus Lateralis or Deltoid muscle
IPV,* MMR,	Subcutaneous injection	Fatty tissue of thigh for infants younger or upper outer triceps area
Rotavirus, adenovirus, cholera vaccine, and oral typhoid vaccines	Oral Route	

