

Giving the Flu Shot

Injection Administration

For injection administration, there are 5 points to remember when giving a flu shot!

Most people can get an injectable influenza vaccine

This includes pregnant women, seniors, immune-compromised patients, HIV patients, and other special populations.



Do not give a flu shot to those with a history of anaphylaxis from a flu shot or any component of the vaccine, other than egg

The influenza vaccine should also not be given to those with a history of Guillain-Barre Syndrome within 6 weeks of a previous influenza immunization.

Delay immunizing a patient if they have a serious acute illness

Administration of the influenza vaccine is okay if the patient has a minor illness with or without fever, an egg allergy, a bleeding disorder, or is taking blood thinners.



Use a 5/8" needle for those under 60kg and a 1" needle for patients over 60kg

Inject the vaccine at a 90° angle into the deltoid muscle. Ensure that the injection site has been cleaned with alcohol and left to air dry for 10 seconds prior to administration.

After being immunized, the patient must wait for at least 15 minutes for observation

If epinephrine was administered, refer the patient to the emergency department for follow-up, as some allergic reactions are biphasic.

