

Injection Sites for Routine Immunizations

For school-aged children, adolescents, or adults who wish to use numbing medicine

Using numbing medicine, like a cream, gel, or patch, can help getting a needle less painful.

If you wish to use numbing medicine for routine immunizations, talk to your pharmacist and bring this handout with you. The pharmacist can help choose the right product for you or your child, show you how to use it safely, and talk about possible side effects.

Put the numbing medicine on before getting your immunization. Follow the instructions on the package. If you remove the numbing medicine before seeing the nurse, use a pen to circle the numbed area so the nurse can see it easily. If your child is getting immunized at school, tell your child to let the nurse know they used numbing medicine.

Numbing medicine needs to be put on the injection site. The injection site is the area of the body where the vaccine will be given, such as the arm or leg. Use the chart and diagrams below to help you and the pharmacist know where to put the numbing medicine. If you have questions, talk to a public health nurse before the appointment to find out where the vaccines will be given.

More vaccines may be needed than those shown below. For example, you or your child have a medical condition, are 1 or more visits behind schedule, or due for seasonal immunizations.

Routine visit	Vaccines	Usual injection sites (Shown by shaded area in diagrams A & B on page 2)
School Immunizations (Parents or guardians will get information about recommended vaccines for their child)	- DTaP-IPV-Hib - HBV - HPV - MenC-ACYW - Tdap - Tdap-IPV	1 arm (Diagram A) if getting 1 vaccine - both arms (Diagram A) if getting 2 or more vaccines
	- IPV - MMR - MMR-Var - VZ	1 arm (Diagram B) if getting 1 vaccine - both arms (Diagram B) if getting 2 or more vaccines
Adult -Routine	Tdap	1 arm (Diagram A)
Seasonal Immunization (Influenza and COVID-19 vaccines)	- COVID-19 - Flu	1 arm (Diagram A) - both arms (Diagram A) if getting 2 vaccines

Abbreviations

DTaP-IPV-Hib	Diphtheria, Tetanus, Acellular Pertussis, <i>Haemophilus influenzae</i> type b	MMR	Measles, Mumps, Rubella
Flu	Influenza	MMR-Var	Measles, Mumps, Rubella, Varicella
HBV	Hepatitis B	Tdap	Tetanus, Diphtheria, Acellular Pertussis
HPV	Human Papillomavirus	Tdap-IPV	Tetanus, Diphtheria, Acellular Pertussis, Polio
IPV	Polio	VZ	Varicella
MenC-ACYW	Meningococcal Conjugate ACYW-135		

See reverse for more information.

Diagram A

Shoulder muscle
(intramuscular)



Diagram B

Between skin and muscle of upper arm
(subcutaneous)



Check with a pharmacist or public health nurse if you are unsure where to put the numbing medicine.

Vaccines will be given in the area that was numbed, if the numbing medicine was put on the right spot.

For more information about immunization



Call Health Link at **811**



Scan the QR code or go to ahs.ca/immunize

This material is for information purposes only. It should not be used in place of medical advice, instruction, or treatment. If you have questions, talk to your doctor or appropriate healthcare provider.