

Injection Sites for Routine Immunizations

For parents or guardians who wish to use numbing medicine for their babies or preschool age children

Using numbing medicine, like a cream, gel, or patch, can help make 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 your child, show you how to use it safely, and talk about possible side effects.

Put the numbing medicine on before getting the 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.

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 pharmacist or 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, they have a medical condition, are 1 or more visits behind schedule, or due for seasonal immunizations.

Routine visit	Number of injections	Usual injection sites (Shown by shaded area in diagrams A, B & C on page 2)
2-month visit	2	• both legs (Diagram A)
4-month visit	3	• both legs (Diagram A)
6-month visit	1	• 1 leg (Diagram A)
12-month visit	3	• both arms (Diagram B), and • 1 arm (Diagram C)
18-month visit	2	• 1 arm (Diagram B), and • opposite arm (Diagram C)
4-to-6-year preschool visit	1	• 1 arm (Diagram B)
Seasonal immunization (Influenza and COVID-19 vaccines)	1-2	Age 6 months to under 1: • 1 or both legs (Diagram A) Age 1 year or older: • 1 or both arms (Diagram B)

See reverse for more information.

Diagram A

Upper, outer thigh muscle
(intramuscular)



Diagram B

Shoulder muscle
(intramuscular)

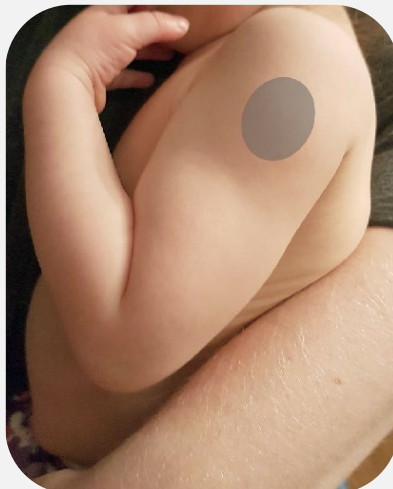
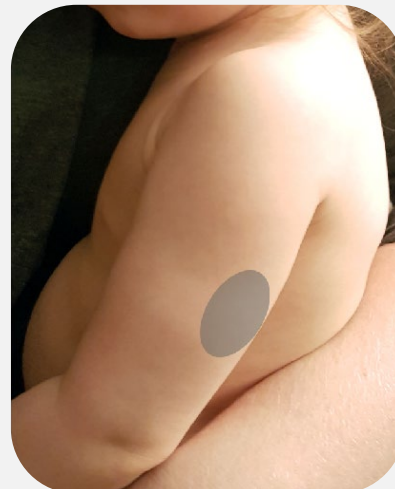


Diagram C

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.