

## Cleaning the Injection Site

1. Wash your hands.
2. Clean the injection site with an alcohol pad or cotton ball soaked with alcohol. Cleanse a space 2 inches in diameter using a firm, circular motion.
3. Allow the alcohol to dry for several seconds. (Alcohol stings if it gets into the injection.)
4. Throw away the cotton ball.

## Giving an Intramuscular (IM) Injection

1. Clean the injection site. (See above.)
2. With your left hand\*, bunch up the muscle.
3. With your right hand\*, insert the needle at a 90-degree angle to the muscle.
4. Push down slowly and steadily on plunger and inject entire contents of syringe. Do not aspirate.
5. Remove needle and activate needle safety device. Using a cotton ball or gauze pad, apply light pressure to the injection site.
6. If there is any bleeding, cover the injection site with a bandage.
7. Put the used syringe in a sharps container.

\*Use opposite hand if you are left-handed.



## Giving a Subcutaneous (SC) Injection

1. Clean the injection site. (See above.)
2. With the thumb and index finger of your left hand\*, pinch up the fatty tissue of the injection site.
3. With your right hand\*, insert the needle at a 45-degree angle to the skin. Insert the entire needle.
4. Push down on the plunger and inject the entire contents of the syringe. Do not aspirate.
5. Remove needle and activate needle safety device. Gently wipe away any blood from injection site. Do not rub or massage the injection site.
6. If there is any bleeding, cover the injection site with a bandage.
7. Put the used syringe in a sharps container.



**Important!** Dispose of used needles immediately after use. Never re-cap a used needle or try to separate it from the syringe.