

**TO:** EZIZ Users  
**FROM:** CDPH  
**SUBJECT:** Ready for flu season? Protect yourself and the kids you care for  
**DATE:** 11/6/17

---

As flu season begins, the Centers for Disease Control and Prevention (CDC) is promoting the importance of proper flu vaccine administration technique to help avoid shoulder injuries and other adverse events.

To ensure healthcare personnel follow safe injection practices, consider utilizing these CDC [resources](#) in clinic trainings, communications, and update of protocols:

- A [short video](#) on the correct technique for intramuscular injection
- A new [vaccine administration e-Learn](#) course
- An [infographic](#) on administering flu vaccine to an adult

Shoulder injuries like bursitis and tendinitis can result from improper injection technique errors that can easily be avoided. Preliminary data from both the Vaccine Adverse Event Reporting System and the National Vaccine Injury Compensation Program indicate reports of shoulder injury related to vaccine administration have increased in the last several years. These reports occur more commonly among adults than children. For more information, see the September 1, 2017 American Academy of Pediatrics News article: <http://www.aappublications.org/news/2017/09/01/IDSnapshot082917>

Thank you for your efforts to ensure safe vaccination practices!