

## Influenza: Treatment

Population at higher risk

Children < 2 years

Adults > 65

Persons with chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematologic (including sickle cell disease), metabolic (including diabetes mellitus), neurologic, neuromuscular, and neurodevelopmental disorders (including disorders of the brain, spinal cord, peripheral nerve and muscle such as cerebral palsy, epilepsy, stroke, intellectual disability [mental retardation], moderate to severe developmental delay, muscular dystrophy, or spinal cord injury)

Immunosuppression (including immunosuppression caused by medications or by human immunodeficiency virus)

Women who are pregnant or postpartum (within two weeks after delivery)

Children <19 years of age and receiving long-term aspirin therapy

Native Americans and Alaskan Natives

Morbidly obese (body mass index [BMI]  $\geq 40$  for adults or BMI  $> 2.33$  standard deviations above the mean for children)

Residents of nursing homes and other chronic care facilities

**Pearl:** When indicated, treatment should be initiated as soon as possible since antiviral therapy is most likely to provide benefit when initiated within the first 48 hours of illness. In patients suspected of having influenza in which treatment is indicated, we recommend treatment with a neuraminidase inhibitor (zanamivir or oseltamivir), provided that oseltamivir-resistant influenza is not suspected.

<b>Antiviral agent</b>	<b>Dose</b>
<b>Oseltamivir</b> <b>Rx</b> <b>Prophylaxis</b>	<b>75 mg BID x 5 days</b> <b>75 mg daily</b>
<b>Zanamivir</b> <b>Rx</b> <b>Prophylaxis</b>	<b>10 mg (2 inhalations) BID x 5 days</b> <b>10 mg (2 inhalations) daily</b>

Question:

The best time to initiate antiviral therapy for influenza is:

- a. 72 hours after start of symptoms
- b. As soon as possible in high risk patients
- c. Not possible without a reliable confirmatory test
- d. 24 hours after start of symptoms

Answer: B - When indicated, treatment should be initiated as soon as possible since antiviral therapy is most likely to provide benefit when initiated within the first 48 hours of illness.