

FOR IMMEDIATE RELEASE 1/29/2016

TO: Grant County Healthcare Providers

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Influenza Key Messages for Healthcare Providers

During the 2015-2016 Influenza Season

The Grant County Health Officer, Dr. Alexander Brzezny, has issued the following alert to the Grant County healthcare community: Influenza activity is increasing across Washington State. In wake of the recent pediatric death related to influenza in a Kitsap County girl with asthma healthcare partners are being asked to **review vaccine and antiviral dosage recommendations**. In addition, DOH has received preliminary reports of patients with musculoskeletal aches and several **pediatric patients diagnosed with rhabdomyolysis**. Please be on the alert for any reports of this rare but serious complication of influenza and report those to GCHD.

1. **Influenza activity is increasing** (see [WA DOH influenza report](#)).
2. WA DOH has updated [key messages](#) for healthcare providers regarding influenza, including information about vaccination and prompt antiviral treatment.
3. **Annual influenza vaccine is recommended** for people ages six months and older who do not have contraindications and vaccination is especially critical for people at higher risk of developing influenza:
 - Children younger than 5, but especially children younger than 2 years old
 - Adults 65 years of age and older
 - Pregnant women and women up to two weeks post-partum
 - Residents of nursing homes and other long-term care facilities
 - American Indians and Alaskan Natives
 - People who have medical conditions including:
 - Asthma and chronic lung disease
 - Neurological and neurodevelopmental conditions such as cerebral palsy, epilepsy, stroke, intellectual disability, moderate to severe developmental delay, muscular dystrophy, or spinal cord injury
 - Heart Disease such as congenital heart disease, congestive heart failure and coronary artery disease
 - Blood disorders (such as sickle cell disease)
 - Diabetes mellitus
 - Kidney disorders
 - Liver disorders



- Metabolic disorders
- Weakened immune system due to disease or medication
- Persons younger than 19 years of age who are receiving long-term aspirin therapy
- People who are morbidly obese

4. **Antiviral treatment** is recommended as early as possible, ideally within 48 hours of symptom onset, and treatment should not be delayed while waiting for laboratory confirmation in any patient with confirmed or suspected influenza who is:

- Hospitalized;
- has severe, complicated, or progressive illness;
- or is at higher risk for influenza complications.

RECOMMENDED DOSAGE AND DURATION OF INFLUENZA ANTIVIRAL MEDICATIONS FOR TREATMENT OR CHEMOPROPHYLAXIS

Antiviral Agent	Use	Children	Adults
Oseltamivir (Tamiflu®)	Treatment (5 days)	<p>If younger than 1 yr old: 3 mg/kg/dose twice daily</p> <p>If 1 yr or older, dose varies by child's weight: 15 kg or less, the dose is 30 mg twice a day >15 to 23 kg, the dose is 45 mg twice a day >23 to 40 kg, the dose is 60 mg twice a day >40 kg, the dose is 75 mg twice a day</p>	75 mg twice daily
	Chemo-prophylaxis (7 days)	<p>If child is younger than 3 months old, use of oseltamivir for chemoprophylaxis is not recommended unless situation is judged critical due to limited data in this age group.</p> <p>If child is 3 months or older and younger than 1 yr old: 3 mg/kg/dose once daily</p> <p>If 1 yr or older, dose varies by child's weight: 15 kg or less, the dose is 30 mg once a day >15 to 23 kg, the dose is 45 mg once a day >23 to 40 kg, the dose is 60 mg once a day >40 kg, the dose is 75 mg once a day</p>	75 mg once daily

Zanamivir ₄ (Relenza®)	Treatment (5 days)	10 mg (two 5-mg inhalations) twice daily (FDA approved and recommended for use in children 7 yrs or older)	10 mg (two 5-mg inhalations) twice daily
	Chemo- prophylaxis (7 days)	10 mg (two 5-mg inhalations) once daily (FDA approved for and recommended for use in children 5 yrs or older)	10 mg (two 5-mg inhalations) once daily

Additional materials about influenza are available on the [DOH Information for Healthcare Providers and Public Health](#) page and from [CDC](#).

Consultation

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