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FOR IMMEDIATE RELEASE  
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**Provider Alert: Oseltamivir (Tamiflu) Supply Shortage and  
Management Tools**  
**Guidance and resources to assist in navigating shortages of Oseltamivir (Tamiflu).**

Grant County, WA – The Grant County Health Officer, Dr. Alexander Brzezny, has issued the following alert to notify the Grant County healthcare community of potential and existing oseltamivir (Tamiflu®) shortages during the 2022-2023 severe influenza season. The significant rise of influenza across the nation has contributed to the shortage of oseltamivir (Tamiflu®) and other common medicines. The flu shot and other influenza prevention strategies are imperative in alleviating stress on healthcare systems and combatting the shortage of oseltamivir. Healthcare settings should continue to implement influenza policies and consider the following guidance provided by the Washington State Department of Health when treating patients:

**Recommendations -**

1. The use of oseltamivir for the purpose of chemoprophylaxis is discouraged with rare exceptions (e.g. influenza outbreak in LTCF).
2. Treatment of influenza with oseltamivir is recommended for the following populations:
  - a. Hospitalized patients of any age with confirmed or suspected influenza and respiratory illness symptoms.
  - b. Patients with confirmed or suspected\* influenza at higher risk for decompensation/complications within 48 hours of symptom onset, or within 5 days if symptoms are progressive. These include the following groups:
    - i. Children younger than 2 years old and adults 65 years of age and older
    - ii. Chronic conditions
      1. Asthma, COPD or other chronic respiratory conditions
      2. Severe kidney and liver disease
      3. Poorly controlled diabetes or metabolic disorders (such as inherited metabolic or mitochondrial disorders)
      4. History of heart disease and/or stroke
      5. Neurologic and neurodevelopmental conditions

6. Morbid obesity (BMI $\geq$ 40)
  7. Active malignancy/hematologic disorder
  8. Severely immunocompromised
- iii. Nursing home and long-term care facility residents
  - iv. Pregnant people (up to 2 weeks post-partum)
3. The use of higher doses of oseltamivir (more than 75 mg per dose) for the treatment of seasonal influenza is discouraged; Recommended duration for antiviral treatment is 5 days for oseltamivir.
  4. Oral suspension formulation should be reserved for pediatric patients unable to take pills
    - a. If oral suspension is unavailable, consider opening capsules and mixing with a thick sweetened liquid.\*\*
    - b. Oral capsules come in 30, 45 and 75mg strengths. Ensure appropriate weight-based dosing.
  5. Alternatives for Outpatient Treatment (inhaled zanamivir, intravenous peramivir, or oral baloxavir) may be considered for outpatient treatment. Current limited evidence suggests oral baloxavir is effective for both treatment of uncomplicated influenza and post-exposure prophylaxis. Consideration of alternative antiviral medication for hospitalized patients should be made in conjunction with expert consultation. Before choosing and prescribing an alternative antiviral be sure to review approved age groups, contraindications, and any applicable renal/hepatic dosing recommendations.

These recommendations are intended to provide guidance, but do not replace clinical judgement, expert consultation or other recognized guidelines (e.g. IDSA, AAP and CDC).

*SOURCE: Washington State Department of Health*

#### **GCHD Efforts to Aide During Local Shortage –**

**If shortages are reaching a level in your facility that is threatening patient safety, oseltamivir may be requested from the state and federal Strategic National Stockpile (SNS) allocation via GCHD.** An initial distribution of oseltamivir has been received by GCHD to supply to facilities that are experiencing a shortage. Please contact GCHD to obtain oseltamivir supply if needed.

**Summary:** Healthcare settings should continue to encourage influenza vaccination among eligible patients and review the provided recommendations for influenza treatment. GCHD has a limited supply of oseltamivir on site with the ability to order more. Local healthcare facilities that experience an oseltamivir shortage should contact GCHD. As a reminder, while working with patients that exhibit symptoms of influenza-like illness we recommend health care providers wear an N95 mask.

**Resources:**

<https://www.cdc.gov/flu/professionals/antivirals/summary-clinicians.htm>

<https://publications.aap.org/pediatrics/article/148/4/e2021053744/183303/Recommendations-for-Prevention-and-Control-of?autologincheck=redirected>

<https://www.idsociety.org/practice-guideline/influenza/>

<https://doh.wa.gov/>

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