

**2008-2009 Influenza Season
CDC Treatment Recommendations**

Influenza activity has been low thus far this season in the United States and limited numbers of isolates have been available. Due to the increasing resistance of the H1N1 influenza virus to oseltamivir (Tamiflu®) (98% of H1N1 strains collected this year have been resistant), the CDC has issued new recommendations for the use of influenza antiviral medications. This alert was issued December 19, 2008. The 2008-2009 influenza vaccine is expected to be effective in preventing or reducing the severity of illness with currently circulating influenza viruses including oseltamivir-resistant A (H1N1) strains.

Recommended Medications:

Rapid Antigen/Lab test	Predominate virus in community	Preferred Medication	Alternate Medications
Not done or negative, but clinical suspicion for influenza	H1N1 or unknown	Zanamivir	Oseltamivir + Rimantidine OR Oseltamivir + amantadine
Not done or negative, but clinical suspicion for influenza	H3N2 or B	Zanamivir or Oseltamivir	None
Positive A	H1N1 or unknown	Zanamivir	Oseltamivir + Rimantidine OR Oseltamivir + amantadine
Positive B	Any	Zanamivir or Oseltamivir	
Rapid Antigen Positive but cannot distinguish b/w A and B antigens	H1N1 or unknown	Zanamivir	Oseltamivir + Rimantidine OR Oseltamivir + amantadine
Rapid Antigen Positive but cannot distinguish b/w A and B antigens	H3N2 or B	Zanamivir or Oseltamivir	None

Treatment Regimens:

Antiviral	Treatment/ Prophylaxis	< 13 years	Age 13-64 years	Age ≥ 65 years	Comments
Zanamivir	Treatment	≥ 7 years: 2 inhalations bid x 5 days	2 inhalations bid x 5 days	2 inhalations bid x 5 days	COPD/Asthma-Not recommended
	Prophylaxis	≥ 5 years: 2 inhalations daily	2 inhalations daily x 10 days	2 inhalations daily x 10 days	
Oseltamivir**	Treatment	≤ 15 kg: 2 mg/kg/dose bid x 5 days 15-23 kg: 45 mg bid x 5 days 24-40 kg: 60 mg bid x 5 days > 40 kg: 75 mg bid x 5 days	75mg po bid x 5 days	75mg po bid x 5 days	CrCl<30 q daily
	Prophylaxis	Not FDA-approved	75mg po daily x 10 days	75mg po daily x 10days	CrCl<30 qod
Rimantadine	Treatment	*5 mg/kg/day in 1-2 divided doses	100mg po bid	100mg po daily	CrCl<10 q daily
	Prophylaxis	5 mg/kg/day in 1-2 divided doses	100mg po bid (unspecified duration)	100mg po daily (unspecified duration)	CrCl<10 q daily
Amantadine**	Treatment	5 mg/kg/day in 1-2 divided doses	100mg po bid	100mg po daily	CrCl 30-50 100 mg bid x1 day, then 100 mg daily CrCl 15-29 100 mg bid x1 day then 100 mg qod
	Prophylaxis	5 mg/kg/day in 1-2 divided doses	100mg po bid (unspecified duration)	100mg po daily (unspecified duration)	CrCl 30-50 100 mg bid x1 day, then 100 mg daily CrCl 15-29 100 mg bid x1 day then 100 mg qod

Zanamivir = Relenza®

Oseltamivir=Tamiflu®

Rimantadine=Flumadine®

Amatadine=Symmetrel®

*Not FDA-approved; however, studies indicate efficacy in children; liquid formulation NOT available

** Liquid formulation available