

**Interim CDC Recommendations for Influenza Antiviral Medications**

To: Vermont Hospitals and Healthcare Providers

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**– Please Distribute Widely –**

Influenza activity is increasing in Vermont. Preliminary national data indicate that the prevalence of influenza A (H1N1) virus strains resistant to oseltamivir (Tamiflu®) is high; influenza A (H3N2) strains continue to show resistance to rimantadine and amantadine. As of 2/5/09, the Vermont Department of Health Laboratory (VDHL) has reported 17 positive influenza A (94% strain H1) and 3 influenza B viral cultures.

- 1) Vermont state influenza virus surveillance data will be updated weekly on the Health Department’s website (<http://healthvermont.gov>), along with a link to regional data. Information is also available by calling the Health Department/Infectious Diseases 1-800-640-4374.
- 2) Influenza virus testing can help decision-making regarding use of appropriate antivirals. Rapid tests can distinguish influenza A from influenza B. Influenza surveillance cultures performed at the VDHL will provide information about circulating subtypes.
- 3) Consider using antiviral medications and chemoprophylaxis for appropriate individuals, using the CDC guidelines below. Treatment is most beneficial when started within 48 hours of onset.
- 4) **Continue to offer flu vaccine through the winter.** Early data indicate that this season’s vaccine is a good match for most circulating influenza strains, including those resistant to oseltamivir.
- 5) Recommendations for residents and staff of long-term care facilities and other high-risk group residential settings have been sent to these facilities and their medical directors.

<b>Rapid antigen or other laboratory test</b>	<b>Predominant virus(es) in community</b>	<b>Preferred medication(s)</b>	<b>Alternative (combination antiviral treatment)</b>
Not done or negative, but clinical suspicion for influenza	H1N1 or unknown	Zanamivir	Oseltamivir + Rimantadine
Not done or negative, but clinical suspicion for influenza	H3N2 or B	Oseltamivir or Zanamivir	None
Positive A	H1N1 or unknown	Zanamivir	Oseltamivir + Rimantadine
Positive A	H3N2 or B	Oseltamivir or Zanamivir	None
Positive B	Any	Oseltamivir or Zanamivir	None
Positive A+B (rapid test that can not distinguish between A and B)	H1N1 or unknown	Zanamivir	Oseltamivir + Rimantadine
Positive A+B (rapid test that can not distinguish between A and B)	H3N2 or B	Oseltamivir or Zanamivir	None

