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TO: Local Health Departments and Regional Offices of the Illinois Department of Public Health, Infection Control Professionals, Infectious Disease Physicians, Hospital Emergency Departments

FROM: **Craig S. Conover, MD, State Epidemiologist
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DATE: **April 30, 2009**

SUBJECT: Interim Guidelines on Use of Antivirals, including Strategic National Stockpile (SNS) Antivirals

Local health departments (LHD's) and hospitals will be receiving strategic national stockpile (SNS) supplies for use in the swine flu outbreak in the near future. LHD'S can use their supplies for situations described below occurring in the non-hospital settings.

Please see attached Interim Guidelines for Use of Antivirals, Including SNS Antivirals, which will be provided as package inserts with the SNS distribution. Recommendations may change as more data on effectiveness, adverse events, and susceptibility data become available. Antiviral treatment should be prioritized for hospitalized patients and patients at higher risk for influenza complications. Specific recommendations may change as change as more data on effectiveness, adverse events, and susceptibility data become available.

4/30/09: Interim Guidelines on Antivirals, Including Strategic National Stockpile (SNS) Antivirals

Antiviral Treatment

IDPH is **strongly** advising physicians not to over-prescribe antivirals. Antiviral treatment should be prioritized for hospitalized patients and patients at higher risk for influenza complications. **At this time, antiviral treatment with oseltamivir or zanamavir is recommended for the following:**

- All hospitalized patients with suspected, probable or confirmed swine influenza.
- All hospitalized patients with severe febrile unexplained respiratory illness (including ARDS, pneumonia or respiratory distress) pending testing for swine influenza.
- Patients with mild influenza-like illness **AND** underlying conditions (e.g., chronic pulmonary, cardiovascular, renal, hepatic, hematological or metabolic disorders, immunosuppression, compromised respiratory function, including conditions which increase the risk for aspiration, long-term aspirin therapy, pregnancy, age > 65 years, and age < 5 years) that increase the risk for more severe illness due to influenza.

***Warning!** Do *not* give aspirin (acetylsalicylic acid) to children or teenagers who have the flu; this can cause a rare but serious illness called Reye's syndrome. For more information about Reye's syndrome, visit the National Institute of Health website at http://www.ninds.nih.gov/disorders/reyes_syndrome/reyes_syndrome.htm

At this time, antiviral treatment with oseltamivir or zanamavir can be considered, but is NOT strongly recommended for the following:

- Patients with mild illness who do not have underlying conditions. For these individuals, antiviral treatment can be offered at the discretion of their provider. However, treatment should only be started if within 48 hours of symptom onset.
- In order to conserve supplies and to minimize the emergence of resistance, providers should be judicious in prescribing antiviral medications to patients with mild influenza like illness (ILI) and no underlying conditions.

Currently, IDPH is not recommending antiviral prophylaxis at this time. However, antiviral prophylaxis can be considered for the following persons:

- Healthcare workers who provided care to ill patients, and who either were not using or had a breach in appropriate personal protection when caring for or obtaining specimens from patients with ILI who have suspected, probable or confirmed swine influenza.
- Asymptomatic household and other close contacts of suspected, probable or confirmed swine influenza cases who are either a) at higher risk for complications of influenza (listed below) or b) health care workers themselves.

Pre-exposure prophylaxis, e.g. for certain individuals at high risk for influenza complications, is not currently recommended at this time.

SNS Accountability

LHD'S and hospitals should account for all SNS supplies using their own internal procedures for accountability. In the event a state or federal audits occurs, it is the responsibility of the LHD and or hospital to provide documentation of how SNS supplies were utilized and distributed.

Detailed information on antiviral therapy and prophylaxis is available at:

<http://www.cdc.gov/swineflu/recommendations.htm> and at

<http://www.cdc.gov/flu/professionals/antivirals/dosagetable.htm#table>

Detailed information of high-risk groups (as defined for seasonal influenza) is available at:
<http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5707a.htm>