



May 7, 2009 Update #12

Health Officer Directive on Use of Public Stock Tamiflu and Relenza

(Please note that this directive is only for the use of Tamiflu and Relenza received in this community from the Federal Strategic National Stockpile)

Thurston County PHSS has access to a supply of antiviral medications (80% Tamiflu, 20% Relenza) from the Federal Strategic National Stockpile. The Thurston County Health Officer in accordance with National, State, and other Washington Local Health Officers is directing the use of **public stock** for both **treatment and prophylaxis of influenza in high risk groups.**

Treatment of hospitalized patients and outpatients at high risk for influenza complications (see page 2) should be prioritized. Antiviral treatment should be based on clinical judgment as in seasonal influenza. Use should be initiated as soon as possible after the onset of symptoms and ideally within 48 hours of illness onset. Mild uncomplicated illness should not be treated.

Post-Exposure Prophylaxis with antivirals should be limited to the following individuals:

- Household close contacts of a confirmed or probable case who are at high-risk for influenza complications (see page 2).
- Health care workers with exposure to droplets from an ill patient when mask or other protective equipment use failed.

Prophylactic doses should be initiated as soon as possible after exposure in order to eliminate risk of illness. Prophylactic doses taken > 48 hours after exposure may decrease viral shedding but is not as effective.

How can your patients receive Tamiflu from the Federal Strategic National Stockpile (Public Stock)?

A proportion of the Public Stock of antivirals will be distributed to selected pharmacies that will fill prescriptions at no charge within two days of writing. Healthcare providers are directed to follow the directives on the use of public stock and write prescriptions with the **addition of the two sentences:** "Rx must be presented within 2 days of issue" and "Dispense from Public Health Stock."

(RX Header)	
(Patient Information/Date)	
Rx: Dispense: Directions:	See Reverse for medications and dosing
"Rx must be presented within 2 days of issue."	
"Dispense from Public Health Stock"	
_____ Healthcare Provider Signature	

Pharmacies with Public Stock Antivirals	
Name	Telephone
Hedden's Pharmacy 196 Sussex Ave W, Tenino	360 264-2575
Martin's Southgate Drug 5201 Capitol Blvd S, Tumwater	360 943-4043
Medical Center Pharmacy* 3525 Ensign Rd NE Ste H, Olympia	360 491-7521
Tim's Pharmacy 106 1 st St S, Yelm	360 458-8467
Yauger Park Pharmacy* 400 Yauger Wy, Ste B, Olympia	360 357-3371

**Pharmacy has drive-through option*



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Hospitalized Patients

The Health Officer has directed that hospitals maintain an adequate stock of privately purchased antivirals for use with inpatients at a level similar to preparing for seasonal influenza. There is the option for hospitals to purchase antivirals at a greatly reduced price in conjunction with Public Health.

Determinants of High Risk for Influenza Complications

- Infants and children aged <5 years
- Persons with asthma or other chronic pulmonary diseases, such as cystic fibrosis in children or chronic obstructive pulmonary disease in adults
- Persons with hemodynamically significant cardiac disease
- Persons who have immunosuppressive disorders or are receiving immunosuppressive therapy
- HIV-infected persons
- Pregnant woman
- Persons with sickle cell anemia and other hemoglobinopathies
- Persons with diseases that require long-term aspirin therapy, such as rheumatoid arthritis or Kawasaki disease (Risk for Reye's Syndrome)
- Persons with chronic renal dysfunction
- Persons with cancer
- Persons with chronic metabolic disease, such as diabetes mellitus
- Persons with neuromuscular disorders, seizure disorders, or cognitive dysfunction that may compromise the handling of respiratory secretions
- Adults aged >65 years
- Residents of any age of nursing homes or other long-term care institutions

		Treatment Doses	Prophylactic Doses
Adults and Children >40kg	Tamiflu 75mg	Oseltamivir , one (1) 75mg capsule twice per day for 5 days	Oseltamivir , one (1) 75mg capsule once per day for 10 days
Children 24kg - 40kg	Tamiflu 30mg	Oseltamivir , two (2) 30mg capsules (60mg total) twice per day for 5 days	Oseltamivir , two (2) 30mg capsules (60mg total) once per day for 10 days
Children 15kg - 23kg	Tamiflu 45mg	Oseltamivir , one (1) 45mg capsule twice per day for 5 days	Oseltamivir , one (1) 45mg capsule once per day for 10 days
Children less than 15kg	Tamiflu 30mg	Oseltamivir , one (1) 30mg capsule twice per day for 5 days	Oseltamivir , one (1) 30mg capsule once per day for 10 days
Adults and Children over 7 years	Relenza	Zanamivir , two 5mg inhalations (10 mg total) twice per day	

For more information about antiviral drugs including dosing guidelines and please see the CDC antiviral web page - www.cdc.gov/h1n1flu/recommendations.htm and the Infectious Disease Society of America guidelines for seasonal influenza - journals.uchicago.edu/doi/pdf/10.1086/598513

Most up-to-date information for public 360-709-3080 and www.co.thurston.wa.us/health