



November 16, 2009

**REVISED**

**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 PH&SS 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 **treatment of influenza among those at highest risk for severe illness due to influenza.**

**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 does not need to be treated.

**REVISED instructions for patients to receive Tamiflu and Relenza from the Federal Strategic National Stockpile (Public Stock)**

A proportion of the Public Stock of antivirals have been distributed to pharmacies (see below) that are filling prescriptions at no charge. There are two ways for patients to access these.

**Pharmacies** are directed to refer patients presenting with a prescription for Tamiflu or Relenza that they cannot fill due to supply to the pharmacies listed below. Referring pharmacies will indicate "Public Stock" on the prescription and initial. If a provider is calling in a prescription, referring pharmacies will request that the provider write for Public Stock and send the patient to one of the pharmacies listed below.

**Healthcare providers** wanting a patient to receive public stock antivirals are directed to follow the guidelines on the use of public stock antivirals 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
<b>"Rx must be presented within 2 days of issue."</b>	
<b>"Dispense from Public Health Stock"</b>	
_____ Healthcare Provider Signature	

<b>Pharmacies with Public Stock Antivirals</b>	
Name	Telephone
<b>Hedden's Pharmacy</b> 196 Sussex Ave W, Tenino	360-264-2575
<b>Martin's Southgate Drug</b> 5201 Capitol Blvd S, Tumwater	360-943-4043
<b>Medical Center Pharmacy*</b> 3525 Ensign Rd NE Ste H, Olympia	360-491-7521
<b>Tim's Pharmacy</b> 106 1 <sup>st</sup> St S, Yelm	360-458-8467
<b>Yauger Park Pharmacy*</b> 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 Severe Illness Due To Influenza**

- Infants and children aged <2 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 who are obese, BMI > 30**
- 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

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

For more information about antiviral medications including dosing guidelines, please see the CDC antiviral web page - [www.cdc.gov/h1n1flu/recommendations.htm](http://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](http://journals.uchicago.edu/doi/pdf/10.1086/598513)

Contact Brad Zulewski for questions regarding the use of public stock antivirals:  
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Contact Dr, Diana Yu for medical consultation on prescribing antivirals:  
[yud@co.thurston.wa.us](mailto:yud@co.thurston.wa.us)

Most up-to-date information for public 360-709-3080 and [www.co.thurston.wa.us/health](http://www.co.thurston.wa.us/health)