

Date:

Dear Health Care Provider:

Re Antiviral Prophylaxis:

Your patient named _____ works at a facility that is currently experiencing an outbreak of influenza. As he/she did not receive influenza vaccine at least 14 days prior to this exposure, antiviral prophylaxis should be considered for their own protection.

Oseltamivir is the recommended antiviral for the prevention and/or treatment of influenza in facilities. If your patient is already symptomatic with influenza-like-illness, a treatment dose can shorten the course of symptoms.

Side effects of oseltamivir are infrequent and consist of mild, non-specific symptoms. Oseltamivir can be used safely by women who are pregnant or breastfeeding.

Prophylactic dose: 75 mg orally once daily until outbreak declared over or until 14 days since influenza vaccination

Treatment dose: 75 mg orally twice daily x 5 days

*dosing reduced in renal impairment (see AMMI guidelines)

If possible, please also offer influenza vaccine to this patient. After 14 days, the vaccine is expected to provide sufficient protection against influenza.

If you have any questions, please feel free to call our office at the above number.

Sincerely,



Réka Gustafson, MD, FRCPC
Medical Health Officer and Medical Director of Communicable Disease Control
Vancouver Coastal Health