

# Recommended Vaccination and Treatment Guidelines for Seasonal and 2009 H1N1 Influenza



**Update: 9/15/2009**

This is a summary of guidance from the CDC and MDCH as of 9/15/2009. Guidance should be interpreted and adapted in accordance with clinical judgment, local epidemiological surveillance, and vaccine and antiviral supply considerations. For the latest and most detailed clinical information on influenza, we urge providers to refer to the U.S. Dept. of Health & Human Services one-stop site [www.flu.gov](http://www.flu.gov).

Population	Vaccination		Antiviral Treatment Options
	Seasonal flu	2009 H1N1	Seasonal flu or 2009 H1N1
<b>Children</b>			
Children 6 – 12 months	Recommended	Recommended	Oseltamivir (Tamiflu®); refer to CDC weight-based recommendations for dosage
Children 1 – 4 years	Recommended	Recommended	Oseltamivir (Tamiflu®)
Children 5 – 18 years	Recommended; strongly recommended if any underlying chronic health condition	Recommended	Oseltamivir (Tamiflu®) or Zanamivir (Relenza®) if warranted by severity of patient symptoms, underlying chronic health condition, or use of long-term aspirin therapy
<b>Adults</b>			
Young adults 19 – 24 years	If desired; recommended if any underlying chronic health condition	Recommended	Oseltamivir (Tamiflu®) or Zanamivir (Relenza®) if warranted by severity of patient symptoms
Adults 19 – 64 years with chronic health conditions (examples: asthma, diabetes) or weakened immune systems	Recommended	Recommended	Oseltamivir (Tamiflu®) or Zanamivir (Relenza®)
Pregnant Women	Recommended	Recommended	Oseltamivir (Tamiflu®) or Zanamivir (Relenza®)
Household contacts of children < 6 months of age	Recommended	Recommended	Oseltamivir (Tamiflu®) or Zanamivir (Relenza®) if warranted by severity of patient symptoms
Healthcare workers and emergency medical services personnel	Recommended	Recommended	Oseltamivir (Tamiflu®) or Zanamivir (Relenza®) if warranted by severity of patient symptoms
All other adults 25 – 49 years	If desired	If desired, based on vaccine availability*	Oseltamivir (Tamiflu®) or Zanamivir (Relenza®) for adults 65 years and older or if warranted by severity of patient symptoms
All other adults 50 and older	Recommended	If desired, based on vaccine availability*	
<b>General guidance</b>			
<ul style="list-style-type: none"> <li>TIV formulations of seasonal and 2009 H1N1 vaccines can be co-administered if different administration sites are used; simultaneous administration of LAIV vaccine formulations for seasonal and 2009 H1N1 flu is not recommended</li> <li>Per CDC guidance, use of antiviral therapy is only recommended for populations at high-risk of complications from influenza or if severity of patient symptoms warrants hospitalization. Use discretion when prescribing antivirals to prevent development of resistant strains.</li> <li>Use of rapid influenza tests (RIDTs) are not currently recommended due to the low (30 – 70%) sensitivity of RIDTs to 2009 H1N1; treatment of severe flu symptoms or influenza-like illness in patients at high risk for complications from the flu should be treated as soon as possible after the onset of symptoms.</li> </ul>			

\*In case of a shortage of the 2009 H1N1 vaccine, the vaccination may not be available to this group. High-priority populations should be vaccinated against 2009 H1N1 before those over age 65, who are less susceptible to infection from this virus.

**References:**

- Centers for Disease Control and Prevention. Updated *Interim Recommendations for the Use of Antiviral Medications in the Treatment and Prevention of Influenza for the 2009-2010 Season*. 2009. Available at: <http://www.cdc.gov/h1n1flu/recommendations.htm> (Accessed 9/14/09).
- Centers for Disease Control and Prevention. *Revised Recommendations for the Use of Influenza Antiviral Drugs*. Available at: <http://www.cdc.gov/h1n1flu/antiviral.htm> (Accessed 9/14/09).
- Centers for Disease Control and Prevention. *Interim Guidance for the Detection of Novel Influenza A Virus Using Rapid Influenza Diagnostic Tests*. 2009. Available at: [http://www.cdc.gov/h1n1flu/guidance/rapid\\_testing.htm](http://www.cdc.gov/h1n1flu/guidance/rapid_testing.htm) (Accessed 9/15/09).
- Centers for Disease Control and Prevention. *Use of Influenza A (H1N1) 2009 Monovalent Vaccine*. *MMWR*. 2009;58(RR--10):1-8. Available at: <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5810a1.htm> (Accessed 9/15/09).