

January 28, 2016

Influenza activity is rising; 2 deaths in Kitsap this season

Actions Requested

- **Be aware that influenza activity is increasing.** Local [Kitsap County](#) and [statewide](#) surveillance data document an increase in positive laboratory tests and other influenza indicators.
- **Follow current influenza immunization recommendations.** Annual influenza vaccine is recommended for people ages six months and older who do not have contraindications.
- **Recall that the following persons are considered high risk for influenza complications** and vaccination is especially important for these persons:
 - Children younger than 5, but especially children younger than 2 years old
 - Adults 65 years of age and older
 - Pregnant women and women up to two weeks post-partum
 - Residents of nursing homes and other long-term care facilities
 - American Indians and Alaskan Natives
 - People who have certain medical conditions. *See list attached.*
- **Start patients on antiviral medications as early as possible (ideally within 48 hours of onset),** if indicated. Treatment should not be delayed while waiting for laboratory confirmation in any patient with confirmed or suspected influenza who is (a) hospitalized; (b) has severe, complicated, or progressive illness; or (c) is at higher risk for influenza complications. Review the attached dosing chart.
- **Notify us of any pediatric influenza patients who develop rhabdomyolysis.**
- **Review the “Key Messages about Influenza” for healthcare providers from WA DOH. (See resources.)**

For questions regarding influenza, please contact our KPHD Communicable Disease section at 360-337-5235.

Background

In the wake of a recent pediatric death in an apparently “normal” adolescent (mild asthma), and the rise in influenza cases, we are hearing a lot of concern from providers and parents. We want to remind you about appropriate antiviral dosing and the importance of encouraging influenza vaccination among your patients, especially those at risk for complications.

Both local and statewide data indicate that influenza activity is increasing. Despite the low activity level up until this last two weeks, we have already had two influenza-associated deaths in Kitsap County. In addition, we and the Washington State Department of Health (WA DOH) have received preliminary reports of influenza patients with lots of musculoskeletal aches/complaints and several pediatric patients diagnosed with rhabdomyolysis. Please be on the alert for any patients experiencing this rare but serious complication of influenza. We request that you notify us if you diagnose such patients.

Resources

Kitsap Respiratory Illness Report: www.kitsappublichealth.org/respiratory.pdf

Washington State Influenza Update: www.doh.wa.gov/portals/1/documents/5100/420-100-fluupdate.pdf

WA DOH “Key Messages about Influenza” for healthcare providers: www.doh.wa.gov/Portals/1/Documents/5100/420-111-SeasonalFluMessagesHCP.pdf

Attachments: (1) Antiviral Dosing and Duration for Influenza Treatment and Chemoprophylaxis (chart)
(2) Persons at High Risk for Influenza Complications

RECOMMENDED DOSAGE AND DURATION OF INFLUENZA ANTIVIRAL MEDICATIONS FOR TREATMENT OR CHEMOPROPHYLAXIS

Antiviral Agent	Use	Children	Adults
Oseltamivir (Tamiflu®)	Treatment (5 days)	<p>If younger than 1 yr old¹: 3 mg/kg/dose twice daily</p> <p>If 1 yr or older, dose varies by child's weight: 15 kg or less, the dose is 30 mg twice a day >15 to 23 kg, the dose is 45 mg twice a day >23 to 40 kg, the dose is 60 mg twice a day >40 kg, the dose is 75 mg twice a day</p>	75 mg twice daily
	Chemo-prophylaxis (7 days)	<p>If child is younger than 3 months old, use of oseltamivir for chemoprophylaxis is not recommended unless situation is judged critical due to limited data in this age group.</p> <p>If child is 3 months or older and younger than 1 yr old¹ 3 mg/kg/dose once daily</p> <p>If 1 yr or older, dose varies by child's weight: 15 kg or less, the dose is 30 mg once a day >15 to 23 kg, the dose is 45 mg once a day >23 to 40 kg, the dose is 60 mg once a day >40 kg, the dose is 75 mg once a day</p>	75 mg once daily
Zanamivir ⁴ (Relenza®)	Treatment (5 days)	10 mg (two 5-mg inhalations) twice daily (FDA approved and recommended for use in children 7 yrs or older)	10 mg (two 5-mg inhalations) twice daily
	Chemo-prophylaxis (7 days)	10 mg (two 5-mg inhalations) once daily (FDA approved for and recommended for use in children 5 yrs or older)	10 mg (two 5-mg inhalations) once daily

Source: www.cdc.gov/flu/professionals/antivirals/summary-clinicians.htm

People at High Risk of Developing Influenza Complications

- Children younger than 5, but especially children younger than 2 years old
- Adults 65 years of age and older
- Pregnant women and women up to two weeks post-partum
- Residents of nursing homes and other long-term care facilities
- American Indians and Alaskan Natives
- People who have medical conditions including:
 - Asthma and chronic lung disease (such as COPD or cystic fibrosis)
 - Neurological and neurodevelopmental conditions such as cerebral palsy, epilepsy, stroke, intellectual disability, moderate to severe developmental delay, muscular dystrophy, or spinal cord injury.
 - Heart Disease such as congenital heart disease, congestive heart failure and coronary artery disease
 - Blood disorders (such as sickle cell disease)
 - Diabetes mellitus
 - Kidney disorders
 - Liver disorders
 - Metabolic disorders
 - Weakened immune system due to disease or medication
 - Persons younger than 19 years of age who are receiving long-term aspirin therapy
 - People who are morbidly obese (BMI \geq 40)

Source: www.cdc.gov/flu/about/disease/high_risk.htm