



# COVID-19 and Seasonal Influenza: Interim Guidance for Health Care and Public Health Providers

## TREATMENT

TABLE 8.4 INFLUENZA CHEMOPROPHYLAXIS WITH OSELTAMIVIR®

<b>Table 8.4 Influenza Oseltamivir® Chemoprophylaxis</b> <i>Adapted from the <a href="#">CDC Influenza Antiviral Medications: Summary for Clinicians</a> and <a href="#">The CDPH Recommendations for Prevention and Control of Influenza in California SNF During the COVID-19 Pandemic, October 2020</a></i>	
Indication	Details
Indicated for the prevention of influenza in the following patient groups	<ul style="list-style-type: none"> <li>• Patients at high risk of influenza complications during the <b>first two weeks following vaccination after exposure</b> to a person with influenza.</li> <li>• Patients at high risk for complications from influenza and <b>cannot receive the influenza vaccine</b> due to a contraindication, after exposure to a person with influenza.</li> <li>• Patients with <b>severe immune deficiencies</b> or others who might not respond to influenza vaccination, such as people <b>receiving immunosuppressive medications</b>, after exposure to a person with influenza.</li> </ul>
Indicated in a specific setting	<ul style="list-style-type: none"> <li>• CDC and IDSA further recommend chemoprophylaxis for <b>outbreak control for long-term-care situations</b>.</li> <li>• Give top priority for chemoprophylaxis to roommates, patients on the same floor or unit as patients with active influenza, other close contacts (dorm settings, shared ventilation), and any vulnerable populations that share the same housing unit as the index case.</li> <li>• Prioritize patients in the same building with shared health care personnel (HCP) as the index case</li> </ul>
Chemoprophylaxis recommended dosing/duration for adults	<ul style="list-style-type: none"> <li>• Recommended dosage: 75 mg orally once daily.</li> <li>• Duration typically:               <ul style="list-style-type: none"> <li>▪ At least 10-14 days following close contact with an infected individual; longer for patients at risk of severe disease.</li> <li>▪ Up to 6 weeks during a community outbreak.</li> <li>▪ In immunocompromised patients may be continued for up to 12 weeks.</li> </ul> </li> </ul>
See the <a href="#">Food and Drug Administration (FDA) Prescribing Information</a> for more details.	

Excerpted from the Treatment section of the CCHCS COVID-19 and Seasonal Influenza Interim Guidance for Health Care and Public Health Providers: <https://cchcs.ca.gov/covid-19-interim-guidance/>

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