



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)

Mason County Public Health has access to a supply of antiviral medications (80% Tamiflu, 20% Relenza) from the Federal Strategic National Stockpile. The Mason County Health Officer in accordance with National, State, and other Washington Local Health Officers is directing the use of **public stock** for both **treatment and prophylaxis of influenza in high risk groups.**

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 should not be treated.

Post-Exposure Prophylaxis with antivirals should be limited to the following individuals:

- Household close contacts of a confirmed or probable case who are at high-risk for influenza complications (see page 2).
- Health care workers with exposure to droplets from an ill patient when mask or other protective equipment use failed.

Prophylactic doses should be initiated as soon as possible after exposure in order to eliminate risk of illness. Prophylactic doses taken > 48 hours after exposure may decrease viral shedding but is not as effective.

How can your patients receive Tamiflu from the Federal Strategic National Stockpile (Public Stock)?

A proportion of the Public Stock of antivirals will be distributed to selected pharmacies that will fill prescriptions at no charge within two days of writing. Healthcare providers are directed to follow the directives on the use of public stock 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)	
Rx:	See Reverse for
Dispense:	medication and
dosing	
Directions:	
"RX must be presented within 2 days of issue."	
"Dispense from Public Health Stock"	
Health Provider Signature	

Pharmacies with Public Stock Antivirals	
Name	Telephone
Fred Meyer Pharmacy 301 E. Wallace Kneeland Blvd Shelton	360-432-5373
Medicine Shop 207 Professional Way, Shelton	360-426-4272
QFC Pharmacy 201 NE State Route 300 ,Belfair	360-360-275-9671
Rite Aide Pharmacy 23940 NE State Route 3Belfair	360-275-8964



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 Influenza Complications

- Infants and children aged <5 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 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

		Treatment Doses	Prophylactic Doses
Adults and Children >40kg	Tamiflu 75 mg	Oseltamivir , one (1) 75 mg capsule twice per day for 5 days	Oseltamivir , one (1) 75mg capsules once per day for 10 days
Children 24kg-40kg	Tamiflu 30 mg	Oseltamivir , two (2) 30 mg Capsules (60mg total) twice per Day for 5 days	Oseltamivir , two (2) 30mg Capsules (60mg total) once per day for 10 days
Children 15kg-23kg	Tamiflu 45 mg	Oseltamivir , one (1) 45mg Caspsule twice per day for 5 days	Oseltamivir , one (1) 45mg Capsule once per day for 10 days
Children 15kg-23kg	Tamiflu 30 mg	Oseltamivir , one (1) 30mg Capsule twice per day for 5 days	Oseltamivir , one (1) 30mg Capsule once per day for 10 days
Adults and Children over 7 years	Relenza	Zanamivir , two 5mg inhalations (10 mg total) twice per day	

For more information about antiviral drugs including dosing guidelines please see the CDC antiviral web-page – 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

Most up-to-date information for public 360-427-9670 ext 599
