

Date: December 19, 2008

CDC Recommendations on the Use of Antiviral Medications for the 2008-09 Influenza Season

Although influenza activity is low in the United States to date, preliminary data from a limited number of states indicate that the prevalence of influenza A (H1N1) virus strains resistant to the antiviral medication oseltamivir is high. Therefore, CDC is issuing interim recommendations for antiviral treatment and chemoprophylaxis of influenza during the 2008-09 influenza season.

When influenza A (H1N1) virus infection or exposure is suspected, zanamivir or a combination of oseltamivir and rimantadine are more appropriate options than oseltamivir alone. Local influenza surveillance data and laboratory testing can help with physician decision-making regarding the choice of antiviral agents for their patients. [Influenza surveillance data for San Diego County is updated weekly and can be found at

<http://www2.sdcounty.ca.gov/hhsa/documents/InfluenzaWatch.pdf>

The 2008-09 influenza vaccine is expected to be effective in preventing or reducing the severity of illness with currently circulating influenza viruses, including oseltamivir-resistant influenza A (H1N1) virus strains. Since influenza activity remains low and is expected to increase in the weeks and months to come, CDC recommends that influenza vaccination efforts continue.

Note: *This information is the summary portion of a Health Alert Advisory issued on December 19, 2008 entitled Interim Recommendations for the Use of Influenza Antiviral Medications in the Setting of Oseltamivir Resistance among Circulating Influenza A (H1N1) Viruses, 2008-09 Influenza Season.* Visit <http://www.cdc.gov/flu/professionals/antivirals/index.htm> for the full content of the interim recommendations.

Thank you for your continued participation.

Emergency Medical Alert Network (EMAN)

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