

Tool 29: Letter to Physician: Staff Member Recommended to Take Anti-Influenza Medication for Prophylaxis during an Influenza Outbreak

A Letter to Physician for Staff Member recommended to take Anti-influenza Prophylaxis for an Influenza Outbreak' is on the following page. **Please photocopy and use as required.**

Oseltamivir (Tamiflu®) is the medication of choice for treatment or prophylaxis (as indicated) in Influenza outbreaks in care facilities UNLESS the causative influenza virus is confirmed to be Oseltamivir-resistant Influenza A/H1. Zanamivir (Relenza®) is an acceptable alternative.

PROCESS:

- Fill in the date AND the name of the staff member
- Provide the letter medication

NOTES:

PROPHYLAXIS (PREVENTION):

- To the Staff Member to give to the Physician who will be asked to prescribe the anti-influenza medication
- Prophylaxis is recommended for all unvaccinated staff members who are working in a Care Community during an influenza outbreak. The staff member is to use the medication for prophylaxis (prevention) UNTIL the outbreak is declared over
- **If a staff member develops new or worse cough or Influenza-like illness while on prophylaxis, the staff member should consult with the physician immediately**
- **Calling ahead is important so that appropriate precautions can be taken to reduce risk of exposing others**

Updated guidance on the use of antivirals is available from the Association of Medical Microbiology and Infectious Disease Canada, <https://www.ammi.ca/?ID=122&Language=ENG>

Type of Outbreak: Influenza A or B

Date: _____

Re: Influenza Antiviral Prophylaxis for _____

This person is recommended to take anti-influenza medication to **protect against getting influenza** because of an outbreak of influenza at her/his place of work. If no contraindication, please prescribe **Oseltamivir** as the medication of choice. Zanamivir (Relenza®) is an acceptable alternative. Amantadine is **NOT** recommended for prophylaxis or treatment of influenza sensitive to Oseltamivir. See product monographs for detailed prescribing information.

Please Mark the Prescription: “For Prevention during an Influenza Outbreak”

To contact the MHO in your area during working hours, call 604-587-3828 or 1-877-342-6467

Prophylaxis for Both Influenza A and B: **BASED** on prescribing information, the recommended dose of Oseltamivir for prophylaxis is 75 mg once daily for individuals 13 years of age and older. For individuals with compromised renal function, please contact your local pharmacist for an appropriate dosage of Oseltamivir. Therapy should begin within 2 days of exposure after the onset of symptoms in the index case.

Treatment for a confirmed case of Influenza A and B to be beneficial should begin within 48 hours of onset of symptoms.

Cautions and Contraindications:

Avoid use in pregnancy and lactation unless potential benefits outweigh potential risks to the fetus. Safety with hepatic impairment is not established. Probenecid doubles the active metabolite of Oseltamivir, but no dose adjustment is required.

Prescribing Oseltamivir (TAMIFLU®) Product monograph may be found at:

http://www.rochecanada.com/content/dam/roche_canada/en_CA/documents/Research/ClinicalTrialsForms/Products/ConsumerInformation/MonographsandPublicAdvisories/Tamiflu/Tamiflu_PM_E.pdf

Additional information is available from the Association of Medical Microbiology and Infectious Diseases Canada (AMMI) at: <https://www.ammi.ca/?ID=122&Language=ENG>

Public Health is actively assessing resident case trends at the employees’ place of work when an influenza outbreak has been declared. If resistance to Oseltamivir is suspected, Public Health will assess and notify the Care Community if there are any changes to the antiviral recommendation. The employee would inform his/her/their most responsible provider to review any previously prescribed prophylaxis /treatment and adjust medications accordingly