

How to Care for Someone with Influenza

REST, HYDRATE, WATCH

- **Rest** is very important. Keep the ill person as comfortable as possible.
- Keep the person **hydrated**.
 - Offer small amounts of fluid frequently, even if the ill person does not feel thirsty
 - Watch for signs of dehydration. Someone who is dehydrated may have weakness or unresponsiveness, or decreased output of urine
 - See the “Fluids and Nutrition section” below for information about what to do if the patient is vomiting.
- **Watch** for complications. Call a doctor right away if the ill person:
 - Has difficulty breathing or fast breathing
 - Has a bluish color to the skin or lips
 - Begins coughing up blood
 - Complains of pain or pressure in the chest
 - Shows signs of dehydration and cannot take enough fluids
 - Appears confused or does not respond appropriately
 - Has convulsions
 - Gets worse after appearing to improve
 - Is an infant younger than 2 months old with fever, poor feeding, urinating less than 3 times per day, or other signs of illness
- **Stay home.** If the ill person must leave home, he or she should wear a surgical mask, if available.

MEDICATIONS

- Use ibuprofen or acetaminophen or other measures for fever, sore throat and general discomfort.
- Do not use aspirin in children or teenagers with influenza because it can cause Reye’s syndrome, a life-threatening illness

FLUIDS AND NUTRITION

- If the ill person is not eating solid foods, include fluids that contain sugars and salts, such as broth, sports drinks (diluted half and half with water) and sodas, but not diet drinks.
- If the patient is vomiting, do not give any fluid or food for at least 1 hour. Then offer a clear fluid in very small amounts. Let the stomach rest for an hour after each time the person vomits before giving more fluid.
- Babies who are breast-fed and vomiting can continue to nurse, but offer smaller amounts.

TAMIFLU (Oseltamivir) FACT SHEET

- An outbreak of a novel Influenza A virus has been detected in the community. Tamiflu is one of two medications that is available to treat and/or prevent infection with the virus.
- Tamiflu® (oseltamivir phosphate) is a medication that is approved by the U.S. Food and Drug Administration (FDA) to prevent and treat influenza.

What is the dose of Tamiflu?

- **For Treatment in Adults:** 75 mg twice daily for 5 days. Treatment should start within 2 days of symptoms.
- **For prevention in Adults:** 75 mg once daily for 10 days. Therapy should begin within 2 days of exposure.
- Tamiflu doses for children vary upon a child's weight and age. Your healthcare provider will provide you with the appropriate dose.

What are possible benefits of getting Tamiflu®?

- If used for treatment, Tamiflu® can benefit by stopping the flu virus from spreading inside the body. This can lead to reduced symptoms of flu and quicker recovery.

What are the possible side effects from getting Tamiflu®?

- The most common side effects of Tamiflu® are nausea and vomiting. These are not usually severe and usually happen in the first 2 days of treatment. Taking Tamiflu® with food may reduce the chance of getting these side effects.
- Other events reported commonly by children treated with Tamiflu® included abdominal pain, nosebleeds, ear problems, and pink eye.
- Side effects for children less than 1 year of age are not known, because there is little information on Tamiflu® use in this age group.

What are the possible serious side effects of Tamiflu?

- Rare cases of anaphylaxis and serious skin reactions. *If you develop an allergic reaction or severe rash, stop taking Tamiflu® and contact your healthcare professional.*
- In rare cases reports of delirium and abnormal behavior leading to injury, and in some cases resulting in fatal outcomes, in patients with influenza who were receiving TAMIFLU®.
- Patients with influenza should be closely monitored for signs of abnormal behavior.
- Refer to the Package Insert for more safety information.

How do I report side effects with Tamiflu®?

- Call your healthcare provider to report any side effects that bother you or that do not go away. Side effects can be reported to FDA MedWatch at www.fda.gov/medwatch or call 1-800-FDA-1088.
- If you have questions about your treatment, please refer to www.cdc.gov

RELENZA (Zanamivir) FACT SHEET

- An outbreak of a novel Influenza A virus has been detected in the community. Relenza is one of two medications that is available to treat and/or prevent infection with the virus.
- Relenza is approved by the U.S. Food and Drug Administration (FDA) for **treatment of influenza** in patients **7 years of age and older** who have been symptomatic for no more than 2 days, and for **prophylaxis of influenza** in patients **5 years of age and older**.

* The FDA-approved package insert on Relenza can be found via Drugs@FDA on www.fda.gov/cder

Who should NOT take Relenza?

- Patients with a history of severe allergic reaction to Relenza/Zanamivir or lactose, or have an underlying airway disease should not take Relenza.
- It should **NOT** be used for prevention of flu in nursing home patients.

What is the dose of Relenza?

- **For Treatment:** 10 mg (2 inhalations) twice daily for 5 days
- **For Prevention:**
 - Household Setting: 10 mg (2 inhalations) once daily for 10 days
 - Community Outbreaks: 10 mg (2 inhalations) once daily for 28 days
- The dose should be given at approximately the same time each day.
- Relenza will be supplied in the manufacturer's packaging.
- Relenza is packaged in a medicine disk called a Rotadisk® and is inhaled by mouth using a delivery device called a Diskhaler®. Each Rotadisk® contains 4 blisters. Each blister contains 5 mg of active drug and 20 mg of lactose powder (which contains milk proteins). Each packaged box of Relenza contains 5 Rotadisks® (total of 10 doses) and a Diskhaler® inhalation device.
- Relenza should be given to children only under adult supervision and instruction, and the supervising adult should first be instructed by a healthcare professional.
- Instructions should include a demonstration whenever possible.

What are the possible serious side effects of Relenza?

- Some patients have had bronchospasm or serious breathing problems when they used Relenza.
- Relenza is **NOT** recommended for people with chronic respiratory disease such as asthma or chronic obstructive pulmonary disease.
- Patients with lung disease should have a fast-acting inhaled bronchodilator available while being treated with Relenza. Bronchodilators should be used prior to administration of Relenza.
- People with the flu, particularly children and adolescents, may be at an increased risk of seizures, confusion, or abnormal behavior early in their illness. These events may occur after beginning Relenza or may occur when flu is not treated. These events are uncommon but may result in accidental injury to the patient. Therefore, patients should be observed for signs of unusual behavior.
- Relenza was not effective in reducing the chance of getting the flu in 2 studies in nursing home patients.
- Patients should stop taking Relenza if they experience signs or symptoms of an allergic reaction.
- Refer to the Package Insert for more safety information.

How do I report side effects with Relenza?

Report side effects to **FDA MedWatch** at www.fda.gov/medwatch , or by calling 1-800-FDA-1088.

* Additional information can be found on: www.cdc.gov