

Influenza treatment for Pediatric patients

Early antiviral treatment can shorten the duration of fever and illness and may reduce the risk of complications from influenza especially if administered within the first 48 hours of illness onset.

Who qualifies for treatment?

Those with confirmed or suspected influenza who are:

- Hospitalized or severe, complicated, or progressive illness
- At higher risk for complications including:
 - o those <2 years and >65 years, persons <19 years who are on long-term aspirin therapy
 - o persons with chronic medical conditions or immunosuppressed (transplant population, HIV-infected)
 - o pregnant women, Native American/Alaskan Natives
 - o morbidly obese patients with BMI ≥ 40
- Consider treatment of previously well symptomatic child on the basis of clinical judgment

Treatment

Antiviral treatment should be started as soon as possible after symptom onset, preferably within 48 hours of symptom onset. Decisions to start antiviral treatment should not wait for laboratory confirmation of influenza. In hospitalized patients and those with severe, complicated, and progressive illness, antiviral treatment after 48 hours of symptom onset may still be beneficial. Treatment duration for antiviral treatment is 5 days. Longer treatment courses can be considered in those who remain severely ill.

Chemoprophylaxis

Consider in high risk patients, such as immunosuppressed populations that may have not responded to vaccination, at high risk and have come in contact with a known influenza exposure. Chemoprophylaxis should be started within 48 hours since last exposure to an infectious person and should be continued for 7 days after the last exposure.

Oseltamivir (Tamiflu)			Zanamivir (Relenza)		
	Treatment	Prophylaxis		Treatment	Prophylaxis
Age <2 weeks	Not approved	Not approved ¹	Age <5 yrs	Not approved	Not approved
Age 2 wks to <1 yr	3mg/kg/dose po BID	Not approved ¹	Age ≥ 5 yrs to <7 yrs	Not approved	10mg (2 inhalations) daily
≥ 1 yr & ≤ 15 kg	30mg po BID	30mg po daily	Age ≥ 7 yrs	10mg (2 inhalations) BID	10mg (2 inhalations) daily
>15kg to ≤ 23 kg	45mg po BID	45mg po daily	Treatment Duration: 5 days Prophylaxis Duration: 7 days after last exposure		
>23kg to ≤ 40 kg	60mg po BID	60mg po daily			
>40kg	75mg po BID	75mg po daily	Contraindications: Do not use in patients with underlying respiratory disease		
1. Prophylaxis can be considered in critical clinical situations Treatment Duration: 5 days Prophylaxis Duration: 7 days after last exposure					
Contraindications: Dose adjust for GFR <30 mL/min					