



DEPARTMENT OF  
**HEALTH AND HUMAN SERVICES**

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.



## **PUBLIC HEALTH UPDATE**

January 16, 2014

Larry Meredith, Ph.D.  
DIRECTOR

Matthew Willis, M.D., MPH  
PUBLIC HEALTH OFFICER

899 Northgate Drive  
Suite 104  
San Rafael, CA 94903  
415 473 4163 T  
415 473 2326 F  
415 473 3232 TTY  
[www.marincounty.org/hhs](http://www.marincounty.org/hhs)

Marin County is experiencing increased seasonal influenza and influenza-like illness. This update is to review indications for treatment with oseltamivir (Tamiflu) for influenza illness. The established guidelines for oseltamivir use have not changed this year. It is important to prescribe only in the presence of these indications to help assure an adequate supply is available for those who develop severe illness.

Empiric antiviral treatment with oseltamivir should be started as soon as possible for any hospitalized patient with suspected influenza. There is no need to wait for influenza testing results – the greatest clinical benefit is when antiviral treatment is started closest to illness onset. However, observational studies indicate the clinical benefit of reducing complications and increasing survival even when antiviral treatment is started late. For **high-risk outpatients** and persons with progressive disease who are not being admitted, antiviral treatment is also recommended.

Persons at high-risk for influenza complications include infants and young children aged <2 years, pregnant women, elderly persons, and persons of any age with any of the following conditions: cardiac disease (but not HTN alone), pulmonary disease, chronic renal disease, immune suppression, morbid obesity, nursing home resident, or American Indian/Alaska Native .

Currently in Marin County, outpatients being prescribed oseltamavir may need to call several pharmacies to find a supply. While there is adequate net supply regionally, local distribution has lagged behind recent local demand for some pharmacies.

For regular updates on Marin County influenza activity visit: [www.marinflu.org](http://www.marinflu.org)

For more information on treatment, go to:  
[www.cdc.gov/flu/professionals/antivirals/summary-clinicians](http://www.cdc.gov/flu/professionals/antivirals/summary-clinicians)  
[www.cdph.ca.gov/HealthInfo/discond/Pages/H1N1HealthPros](http://www.cdph.ca.gov/HealthInfo/discond/Pages/H1N1HealthPros)