

Oseltamivir (Tamiflu) Planning Guidance

H5N1 – Avian Influenza



The Centers for Disease Control and Prevention (CDC) issued Emergency Use Instructions (EUI) for the antiviral called oseltamivir, generic for brand name drug Tamiflu, for patients in need of treatment or post-exposure prophylaxis (PEP) for avian influenza A H5 virus (H5 avian flu).

This document provides guidance, education, and resources for local health departments (LHDs) to proactively provide treatment (via oseltamivir) to people with high-risk exposure who are under monitoring or who test positive for H5 avian flu.

Prescribing Matrix

- Individuals identified as a high-risk exposure or test positive for H5 avian flu should be provided a 5-day regimen of oseltamivir[one dose twice daily (BID)].
- The LHD should discuss with the patient the benefits and risks of taking the antiviral medication.

Considerations for At-risk Patients

- Does the patient need help getting to pharmacy or doctor's office?
- Does the patient have access to local healthcare provider or should the LHD provide healthcare services?
- Are healthcare and educational materials available in patient's primary language?
- Does the patient have prescription coverage or need assistance in paying for the medication?
Health First Indiana funds can be used to purchase LHD stock to provide to patients at no cost.

Methods of Access to Oseltamivir

It's recommended that the patient pick up the prescription through the drive-thru at a retail pharmacy or has it picked up by someone not exposed. Precautions should be taken to avoid the spread of infection, including covering coughs and sneezes and hand hygiene.

The local health officer may also issue a standing order to prescribe and dispense oseltamivir. Local health departments may also consider keeping a supply of oseltamivir on hand when needed.

Dispensing instructions and guidance

Oral oseltamivir at treatment dosing frequency (one dose twice daily) is recommended; duration of PEP is 5 or 10 days.

- If the exposure was time-limited and not ongoing, the recommended duration is 5 days from the last known exposure.
- If the exposure is likely to be ongoing (e.g., household setting), a duration of 10 days is recommended because of the potential for prolonged infectious period from the novel influenza A case-patient.
- Dosing (Emergency Use Instructions)
 - Adults and children ≥ 13 years (≥ 40 kg): 75 mg twice daily, 10 capsules (75 mg) for 5 days or 20 capsules (75 mg) for 10 days
 - Pediatric patients ages 1 to 12 years: oral suspension dosage varies by weight

- ii. Standard, contact and airborne precautions are recommended for LHD staff
 - a. Hand hygiene
 - b. PPE – wear a well-fitting mask, use gloves
 - c. Respiratory hygiene – practice cough etiquette
 - d. Cleaning and disinfecting environmental surfaces

Storage and handling

Store oseltamivir capsules at room temperature between 68°F to 77°F (20°C to 25°C)

Resources

- [Interim Post-exposure Prophylaxis Guidance for H5N1](#)
- [Emergency Use Instructions for Oseltamivir](#)
- [H5N1 Recommendations for Prevention, monitoring and Public Health Investigations](#)

