

Influenza Antiviral Medications: Summary for Clinicians

(Current for the 2012-2013 Influenza Season)

Recommended Dosage and Duration of Treatment or Chemoprophylaxis for Influenza Antiviral Medications

Antiviral Agent	Use	Children	Adults
Oseltamivir (Tamiflu®)	Treatment	If <1 yr old, the dose is 3 mg/kg/dose twice daily	75 mg twice daily
		(Dose varies by child's weight) If ≥1 yr old and weigh 15 kg or less, the dose is 30 mg twice a day.	
		If ≥1 yr old and weigh >15 to 23 kg, the dose is 45 mg twice a day.	
		If ≥1 yr old and weigh >23 to 40 kg, the dose is 60 mg twice a day.	
		If ≥1 yr old and weigh more than 40 kg, the dose is 75 mg twice a day.	
	Chemo-prophylaxis	(Not FDA approved for use in children <1 yr old) If child is <3 months old, chemoprophylactic use is not recommended unless situation is judged critical due to limited data on use in this age group.	75 mg once daily
		(Not FDA approved for children <1 yr, but use in children ≥3 months and <1 yr old was approved under EUA during the 2009 H1N1 pandemic) If child ≥3 months and <1 yr old, dose is 3 mg/kg/dose once per day.	
		(Dose varies by child's weight) If ≥1 yr old, and weigh 15 kg or less, the dose is 30 mg once a day.	
		If ≥1 yr old and weigh >15 to 23 kg, the dose is 45 mg once a day.	
		If ≥1 yr old and weigh >23 to 40 kg, the dose is 60 mg once a day.	
If ≥1 yr old and weigh more than 40 kg, the dose is 75 mg once a day.			
Zanamivir (Relenza®)	Treatment	10 mg (2 inhalations) twice daily (Not FDA approved for use in children <7 yrs old)	10 mg (2 inhalations) twice daily
	Chemo-prophylaxis	10 mg (2 inhalations) once daily (Not FDA approved for use in children <5 yrs old)	10 mg (2 inhalations) once daily

Duration of Treatment or Chemoprophylaxis

Treatment	Recommended duration for antiviral treatment is 5 days. Longer treatment courses for patients who remain severely ill after 5 days of treatment can be considered.
Chemo prophylaxis	Recommended duration is 7 days after exposure.
	For control of outbreaks in long-term care facilities (e.g. elderly nursing homes) and hospitals, CDC recommends antiviral chemoprophylaxis for a minimum of 2 weeks, and continuing up to 1 week after the last known case was identified. Antiviral chemoprophylaxis should be considered, especially for elderly long-term care facilities, for all exposed residents, including those who have received influenza vaccination.