

Outbreak Preparedness

Central Zone

Date: October 8, 2025

To: Acute Care Pharmacy Services

Copy: Communicable Disease Control (CDC Outbreak Team); Environmental Public Health; Infection Prevention and Control; Occupational Health and Safety; Workplace Health and Safety

From: Dr. Digby Horne, Medical Officer of Health, Central Zone, Primary and Preventative Health Services, Government of Alberta

Subject: Provision of Antivirals During Influenza-Like-Illness (ILI) Outbreaks in Acute Care Sites

When an outbreak of ILI is confirmed as influenza or will be presumptively managed as such, a Medical Officer of Health (MOH) may recommend prophylactic antiviral medication for all exposed asymptomatic patients and unimmunized staff. Although the outbreak will be declared over 7 days following the onset of illness in the last patient case, patient prophylaxis is continued for a minimum of 10 days; patient prescriptions are therefore normally written for 10 days with 2 refills for 5 days each. Staff prophylaxis is discontinued when the outbreak is declared over.

Physicians will be responsible for prescribing for their patients. Ill patients may be prescribed treatment doses. AHS Workplace Health and Safety (WHS) or Covenant Occupational Health and Safety (OHS) will oversee the process of ensuring that unimmunized staff obtain prescriptions for prophylactic antivirals. Provision of the first dose for unimmunized staff may occur through your pharmacy; remaining doses are expected to be provided by community pharmacies. Accordingly, community pharmacies in the general vicinity of outbreaks will receive fax notification from the Central Zone MOH (weekdays only).

Dosing information is available at: www.rochecanada.com/pms/tamiflu/tamiflu_pm_e.pdf. Additional information on the use of antivirals for treatment and prophylaxis is available at the Association of Medical Microbiology and Infectious Disease Canada website (see *Statements, Publications and Resources* section and *Influenza* subsection): <https://ammi.ca/en/resources>.

Additional outbreak management resources are available on the AHS MOH Central Zone website at www.ahs.ca/czmoh. Questions can be directed as follows:

- Communicable Disease Control (Outbreak Team) 8:30am- 4:00 pm weekdays:
 - phone: 1-888-522-1919; email: cd_outbreak@primarycarealberta.ca
- Central Zone Medical Officer of Health on-call (all other times/days): 403-356-6430.

Thank you for your attention and assistance.
