

Central Zone

Date: September 13, 2017
To: All Central Zone Physicians & Nurse Practitioners
From: Dr. Digby Horne, Medical Officer of Health – Central Zone

Dear Physician/Nurse Practitioner:

**RE: ANTIVIRAL PROPHYLAXIS IN ACUTE CARE, LONG TERM CARE, SUPPORTIVE LIVING,*
AND RED DEER REMAND CENTRE- 2017/18 SEASON.**

When an outbreak of influenza-like-illness (ILI) is confirmed as influenza or will be presumptively managed as such, the Medical Officer of Health (MOH) may recommend oseltamivir antiviral prophylaxis for residents, patients, unimmunized staff including physicians, and selected offenders. To avoid delays in the provision of antivirals due to prescribing, Supportive Living residents, staff not-planning-to-be-immunized,[◇] and Long Term Care pharmacists will be directed to contact prescribers[†] for advance-prophylaxis prescriptions/standing orders. These can be faxed to the resident/staff's pharmacy to be kept on-hand and filled when an outbreak occurs. A sample form [Influenza Outbreak Prophylactic Prescription](#) for Supportive Living residents and staff not-planning-to-immunize is attached for your use. Long Term Care pharmacists will provide you with different forms for prescribing. Prophylaxis is continued until at least 7 days after the onset of last resident case. 10 day prescriptions/standing orders with a single 5 day refill are usually sufficient.

Local Physicians and Nurse Practitioners will be notified of outbreaks by the MOH on-call (business days only). Prophylaxis dosages may have to be adjusted to treatment doses for persons becoming ill, and additional prophylaxis prescription requests may be received from persons who did not organize these in-advance. Antiviral prophylactic and treatment doses are available in the [Antiviral Dosing Recommendations](#) table (attached). Further information on use of antivirals is available at the Association of Medical Microbiology and Infectious Disease Canada <http://www.ammi.ca> (see guidelines section).

Guidelines and resources for the management of influenza outbreaks are available at www.ahs.ca/czmoh (select "Outbreak Management" tab). If you have questions regarding this process or require additional information on antiviral prophylaxis, please contact Communicable Disease Control, Central Zone at (403) 356-6420.

Thank you for your assistance in the management of influenza outbreaks!

*lodges, retirement residences, designated assisted living
[◇]non-AHS/non-Covenant facilities and Red Deer Remand Centre only
[†]physicians, prescribing pharmacists or nurse practitioners

Sincerely,

Dr. Digby Horne, MD
Medical Officer of Health
Alberta Health Services, Central Zone
