

**Interim Regional Guidelines for Novel Influenza A H1N1  
Recommendations for Prophylaxis of Exposed Individuals  
With Antiviral Medications**

**Office of Tri-County Health Officers**  
Clackamas, Multnomah, & Washington counties  
**October 5, 2009<sup>1</sup>**

**Current regional situation** (*guidelines will be re-issued as needed*)

- *Novel influenza A H1N1 virus is circulating*
- *Seasonal influenza is not circulating*
- *Antiviral medications are widely available*
- *Confirmatory testing for H1N1 through Oregon State Public Health Laboratory is restricted to hospitalized patients*

| <b>Profile of Exposed<sup>2</sup> Individual</b>  | <b>Recommended Prophylaxis Strategy</b>  |
|---|--|
| <b>Low risk for complications<sup>3</sup> AND no symptoms of influenza</b>                            | No antiviral prophylaxis recommended   |
| <b>High risk for complications<sup>3</sup> AND no symptoms of influenza</b>                           | Either of the following, based on health care provider’s clinical judgment: <ul style="list-style-type: none"> <li>▪ Antiviral prophylaxis within 48 hours of last exposure<sup>1</sup></li> <li align="center"><b><u>OR</u></b></li> <li>▪ No antiviral prophylaxis, but recommend treatment within 48 hours if symptoms develop</li> </ul> |
| <b>Health care personnel, public health workers, or first responders AND no symptoms of influenza</b> | Either of the following, based on health care provider’s clinical judgment: <ul style="list-style-type: none"> <li>▪ Antiviral prophylaxis within 48 hours of last exposure<sup>1</sup></li> <li align="center"><b><u>OR</u></b></li> <li>▪ No antiviral prophylaxis, but recommend treatment within 48 hours if symptoms develop</li> </ul> |

For additional information on antiviral prophylaxis for influenza, including antiviral regimens, see: “Updated Interim Recommendations for the Use of Antiviral Medications in the Treatment and Prevention of Influenza for the 2009-2010 Season” (9/22/09) <http://www.cdc.gov/h1n1flu/recommendations.htm>

<sup>1</sup> Adapted from <http://www.cdc.gov/h1n1flu/recommendations.htm> CDC 9/22/09

<sup>2</sup> Recognized, unprotected close contact exposure to a person with confirmed, probable, or suspected 2009 H1N1 influenza during that person’s infectious period

<sup>3</sup> Persons at high risk of complications from seasonal or H1N1 influenza (CDC 9/22/09)

- Children younger than 2 years old
- Adults 65 years of age and older
- Persons with the following conditions:
  - Chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological (including sickle cell disease) or metabolic disorders (including diabetes)
  - Disorders that can compromise respiratory function or the handling of respiratory secretions or that can increase the risk for aspiration (e.g. cognitive dysfunction, spinal cord injuries, seizure disorders, or other neuromuscular disorders)
- Immunosuppression, including that caused by medications or by HIV
- Pregnant women
- Persons younger than 19 years of age who are receiving long-term aspirin therapy

