Antiviral Chemoprophylaxis for Novel (H1N1) Influenza

Post Exposure Prophylaxis Algorithm

Has there been a close contact with a CASE? (Suspected, probable or confirmed)

- No - No treatment needed
- Yes - Self monitor febrile respiratory illness for 7 days
  - Threshold temperature is >100o
  - Watch for flu-like symptoms
  - Can work but should practice
    - Good hand hygiene
    - Cough etiquette
    - Limit close contact with others (3-6 ft)
    - Consider wearing a face mask if you have a chronic cough (e.g., allergies, smoker, etc) while in close contact with others.
    - Stay home if you get sick

Did contact with CASE occur during the infectious period? (Infectious period is one day before until 7 days after the case’s onset of illness)

- Yes - Is employee at high risk of flu complications? (Are they >65, have heart disease, lung disease, or pregnant)?
  - Yes - May consider post exposure prophylaxis, if last exposure has occurred within last 48 hours (if >48 hours, see box 1 above)
    - Treat for 10 days after last known exposure (Tamiflu 75 mg/day)
  - No - Is employee HCP/Medical First Responder?
    - Yes - Was there clear unprotected exposure?
      - Yes - No treatment needed
      - No - No treatment needed

1 Adapted from CDC’s “Interim Guidance on Antiviral Recommendations for Patients with Novel Influenza A (H1N1) Virus Infection and Their Close Contacts.” Close contacts, for the purposes of this document, is defined as
  - having cared for or lived with a CASE (suspected, probable, or confirmed) or
  - having been in a setting where there was a high likelihood of contact with respiratory droplets and/or body fluids of such a person.

Examples of close contact include kissing or embracing, sharing eating or drinking utensils, physical examination, or any other contact between persons likely to result in exposure to respiratory droplets. **NOTE:** Close contact typically does not include activities such as walking by an infected person or sitting across from a symptomatic patient in a waiting room or office.

2 Rouche Manufacturer Drug Insert for Tamiflu indicates post-exposure prophylaxis should be begun within 2 days of exposure.