

Table: Interim Recommendations for the Selection of Antiviral Treatment Using Laboratory Test Results and Viral Surveillance Data, United States, 2008-09 season‡

Rapid antigen or other laboratory test	Predominant virus(es) in community	Preferred medication(s)	Alternative (combination antiviral treatment)
Not done or negative, but clinical suspicion for influenza	H1N1 or unknown	Zanamivir	Oseltamivir + Rimantadine*
Not done or negative, but clinical suspicion for influenza	H3N2 or B	Oseltamivir or Zanamivir	None
Positive A	H1N1 or unknown	Zanamivir	Oseltamivir + Rimantadine*
Positive A	H3N2 or B	Oseltamivir or Zanamivir	None
Positive B	Any	Oseltamivir or Zanamivir	None
Positive A+B**	H1N1 or unknown	Zanamivir	Oseltamivir + Rimantadine*
Positive A+B**	H3N2 or B	Oseltamivir or Zanamivir	None

*Amantadine can be substituted for rimantadine but has increased risk of adverse events. Human data are lacking to support the benefits of combination antiviral treatment of influenza; however, these interim recommendations are intended to assist clinicians treating patients who might be infected with oseltamivir-resistant influenza A (H1N1) virus.

**Positive A+B indicates a rapid antigen test that cannot distinguish between influenza and influenza B viruses

‡ Influenza antiviral medications used for treatment are most beneficial when initiated within the first two days of illness. Clinicians should consult the package insert of each antiviral medication for specific dosing information, approved indications and ages, contraindications/warnings/precautions, and adverse effects.

Since we don't have specific typing info for our community and you can't differentiate the type by your office testing, the preferred treatment would be Zanamivir with combination Oseltamivir + Rimantidine as the alternative (note that this combination approach is not evidence supported at this time).

Additional information is available at:

<http://www.cdc.gov/flu/professionals/antivirals/index.htm>