

HEALTH ADVISORY



Public Health
Prevent. Promote. Protect.

REGION IV PUBLIC HEALTH

Clark, Cowlitz, Skamania, Wahkiakum
counties and Cowlitz Tribe

TO: Physicians and other health care providers

Please distribute a copy of this information to each provider in your organization.

Questions regarding this information may be directed to the following Region IV health officers:

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Clark County Public Health, (564) 397-8412

Skamania County Community Health, (509) 427-3850

Cowlitz County Health & Human Services, (360) 414-5599

Wahkiakum County Health & Human Services, (360) 795-6207

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Alert categories:

Health Alert: conveys the highest level of importance; warrants immediate action or attention.

Health Advisory: provides important information for a specific incident or situation; may not require immediate action.

Health Update: provides updated information regarding an incident or situation; no immediate action necessary.

To subscribe or unsubscribe from this listserv, email: Tippy.Hartford@clark.wa.gov.

Summary

The Infectious Diseases Society of America (IDSA) has issued updates to its clinical practice guidelines for seasonal influenza. The changes update the guidelines published by the group in 2009. The guidelines consider the care of children, pregnant and postpartum women and non-pregnant adults, and include special considerations for patients who are severely immunocompromised, such as hematopoietic stem cell recipients and solid organ transplant recipients.

The updated guidelines include new information on diagnostic testing, use of antivirals and considerations of when to use antibiotics and when to test for antiviral resistance.

Updates

Here are four changes to know from the updated clinical practice guidelines:

- Instead of using rapid-influenza diagnostic tests, IDSA recommends clinicians use newer, more accurate molecular tests that offer results in 15 to 60 minutes.
- Individuals at high risk of developing flu complications include obese patients, young children and women who have recently given birth.
- Clinicians should immediately start antivirals for high-risk patients admitted to the hospital with suspected flu, without waiting for test results. These patients should also receive antivirals, even if they've had symptoms for more than two days.
- Outpatients diagnosed with the flu and at high risk for complications should also receive antiviral treatment as soon as possible.

To review the complete Infectious Diseases Society of America clinical practice guidelines, visit www.academic.oup.com/cid/advance-article/doi/10.1093/cid/ciy866/5251935.

Thank you for your partnership.

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