

Centers for Disease Control and Prevention 2007-2008 Influenza Prevention and Treatment Guidelines

For More Information: www.cdc.gov/flu

Annual Vaccination Recommendations

- All persons, including school-aged children, who want to reduce the risk of getting influenza or transmitting influenza to others
- Children from 6 months up to 5 years of age
- Pregnant women
- People 50 years of age and older
- People 6 months of age and older with a chronic medical condition (e.g., asthma, diabetes, heart disease), a weakened immune system (e.g., HIV/AIDS)
- or any condition that can compromise breathing (e.g., seizure disorders, severe cerebral palsy)
- Household contacts and caregivers (parents, grandparents, siblings, babysitters) of anyone at high risk for complications, such as children younger than 6 months of age and people over 65 years of age
- Residents of nursing homes and other long-term care facilities
- Health care workers

Influenza Vaccine Should be Offered Throughout the Influenza Season

Current Recommendations for Use of Antivirals

- Oseltamivir and zanamivir are recommended antiviral medications for seasonal influenza treatment or prophylaxis
- Due to high levels of resistance, the CDC recommends against the use of two other antiviral agents, amantadine and rimantadine, until susceptibility to these agents has been re-established among circulating influenza A viruses
- Oseltamivir and zanamivir also have been reported to prevent influenza among household contacts of a person who has been diagnosed with influenza
- Prophylactic use of antivirals can be used for people at high risk for influenza, health care workers and those in institutional settings, such as nursing homes



Adapted from: Centers for Disease Control and Prevention. Prevention and Control of Influenza. *MMWR*. 2007;56(Early Release):1-54.

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