



North Carolina Department of Health and Human Services  
Division of Public Health • Epidemiology Section

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January 21, 2010 (**1 page**) – *replaces version dated August 28, 2009*

To: College and University Health Care Providers  
From: Megan Davies, MD, State Epidemiologist  
Re: **Appropriate use of Antiviral Medications for 2009 Pandemic H1N1 Influenza Virus**

2009 pandemic H1N1 influenza continues to cause illness around the world, particularly among children and young adults. Vaccination, self-isolation of ill persons, and good hand and respiratory hygiene should be the cornerstone strategies to prevent transmission of influenza. To better protect students, staff, and the broader community during this academic year, the North Carolina Division of Public Health is providing the following guidance regarding use of antiviral medications in college and university settings:

**Antiviral Medications for Treatment of Illness**

- Antiviral treatment with either oseltamivir (Tamiflu<sup>®</sup>) or zanamivir (Relenza<sup>®</sup>) is recommended for all patients with confirmed or suspected cases of 2009 pandemic H1N1 influenza virus infection who are *hospitalized or are at higher risk for influenza complications*, and for those with *progressive, severe, or complicated illness, regardless of previous health status*.
- Healthy patients with uncomplicated illness need not be treated with antivirals, and such treatment is not recommended by the CDC or WHO.

**Antiviral Medications for Prevention of Illness (Chemoprophylaxis)**

- Antiviral medications should not be used for prevention of illness among healthy students or staff with known or suspected exposures to influenza
  - Antiviral chemoprophylaxis should be used judiciously to decrease opportunities for development of antiviral resistance.
- Use of antiviral medications for post-exposure chemoprophylaxis can be considered for persons at higher risk for influenza-related complications.
  - Emphasis on early treatment is an alternative to post-exposure chemoprophylaxis and might reduce opportunities for development of oseltamivir resistance.

Complete CDC recommendations regarding antiviral treatment and chemoprophylaxis are available at [www.cdc.gov/h1n1flu/recommendations.htm](http://www.cdc.gov/h1n1flu/recommendations.htm). Current information about flu activity in North Carolina is available at [www.flu.nc.gov](http://www.flu.nc.gov).

All colleges and universities are encouraged to work closely with local health departments in order to prevent the spread of influenza. Detailed guidance and communication materials for colleges and universities are available at [www.cdc.gov/h1n1flu/institutions/toolkit](http://www.cdc.gov/h1n1flu/institutions/toolkit).

