

THE FLU – COMMON Q&A

ILLNESS INFORMATION

Our test determines flu A or B. Each year, severity of strains varies. Both can cause fever (3-7 days. In most cases, fever gone by day 5), cold symptoms, and aches/chills. Give pain/fever reducers to keep your child comfortable. Offer lots of clear fluids to keep well hydrated. Don't worry if appetite is greatly decreased as long as drinking well. Rest and relax at home. Stay away from others (as able) until fever free for 24 hours (without fever reducers) and symptoms are improving. Expect fever for up to 7 days. Call if fever resolves for ≥ 24 hrs and then returns. Call for any new or worsening symptoms, shortness of breath or chest pain, vomiting or rash.

ANTIVIRALS

- Only helpful if started in the **first 48 hour of symptoms**
- Shortens the course of influenza by 0.5-2 days (helpful, but not magical)
- 2 options: Tamiflu (oseltamivir) than Xofluza (baloxavir)
- Most indicated for those with higher risk of complications from flu, such as those with chronic illnesses (asthma/wheezing) or who are immunocompromised

	TAMIFLU	XOFLUZA
Age/weight requirements	2 weeks and older No weight requirement	5 years and up 40 lbs and up
Pill vs liquid	Pill OR liquid	Pill only (can be crushed in non-dairy item)
Dose	Treatment: AM/PM dose X 5 days Prevention: Daily X 10 days	Treatment: 1 pill x 1 Prevention: 1 pill x 1 (effective in body x 6.5 days)
Negatives to consider	Can cause upset stomach, nausea, vomiting, hallucinations	Not well covered by insurance and can be >\$100. Look for coupon on GoodRx or Xofluza.com May be out of stock

OTHER INFORMATION

- When we notify you of + flu results, for those who qualify for an antiviral, **please let us know which antiviral medication you prefer.** In some instances, we can call in BOTH Tamiflu and Xofluza and you choose based on cost/availability. Let us know if you prefer this.
- **Flu exposure at school:** We **can't** send antivirals for prophylaxis for exposure to flu at school. (It's very difficult to determine if that was a medically relevant exposure).
- **Sibling at home with flu:** We **can** send antivirals for prophylaxis if the patient's sibling is **seen in the office** for influenza.
- **At home flu test and not seen in office:** We can't send antiviral treatment due to a positive at home flu test without seeing the patient (or his/her sibling) in the office for influenza.