

Centers for Disease Control and Prevention 2006-2007 Influenza Prevention and Treatment Guidelines

Annual Vaccination Recommendations

- ✦ All children from 6 months up to 5 years of age
- ✦ All people 50 years of age and older
- ✦ All persons aged 6 months and older with a chronic medical condition (e.g., asthma, diabetes, heart disease) or weakened immune system (e.g., HIV/AIDS)
- ✦ All people with certain muscle or nerve disorders (e.g., seizure disorders, severe cerebral palsy)
- ✦ All pregnant women
- ✦ All health care workers
- ✦ All residents of nursing homes and other long-term care facilities
- ✦ All household contacts and caregivers of anyone at high risk for complications (e.g., parents, grandparents, siblings, babysitters)
- ✦ Anyone else who wishes to reduce their chance of getting influenza

Current Recommendations for Use of Antivirals

- ✦ Oseltamivir (Tamiflu) and zanamivir (Relenza) 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 (Tamiflu) and zanamivir (Relenza) 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 institutional settings, such as nursing homes



Adapted from: Centers for Disease Control and Prevention. Prevention and Control of Influenza. MMWR 2006;55(RR-10):1-41.