**Staff with Underlying Chronic Health Conditions**

Click or tap to enter a date.

**Re: Influenza Antiviral Prophylaxis for** enter staff name or outbreak ward(s)

This person is currently working at a facility that is experiencing an outbreak of influenza. Influenza vaccine is recommended for all staff in order to decrease your personal risk of influenza infection and to decrease the risk of introducing influenza to your clients. If you have not yet had the opportunity to be immunized, we highly recommend that you do so now.

Antiviral prophylaxis (Oseltamivir) is **recommended for unimmunized staff who may be at high risk of influenza complications due to their underlying chronic health conditions**.1 Should you have any of these underlying cardiac, respiratory, other chronic health conditions, we recommend that you connect with your primary care provider to request a prescription.

The recommended dose of Oseltamivir as prophylaxis against influenza is **75 mg orally once daily** until the outbreak is declared over or until it has been 14 days since your influenza vaccination, whichever is sooner. A 10-day prescription, with one repeat is suggested. Side effects of Oseltamivir are infrequent and consist of mild, non-specific symptoms. Oseltamivir can be used safely by women who are pregnant or breastfeeding.

Staff who develop symptoms of a respiratory illness are to notify their administrator of their illness and absence, and follow up with their own healthcare provider. Generally, symptomatic HCWs should stay home at home until fever, if present, has resolved (without the use of fever reducing medication), and they feel well enough to work (i.e., symptoms have improved or are improving)

If you have any questions, please feel free to call our office at the above number.

1 [BCCDC Immunization Manual People at High Risk](http://www.bccdc.ca/resource-gallery/Documents/Guidelines%20and%20Forms/Guidelines%20and%20Manuals/Epid/CD%20Manual/Chapter%202%20-%20Imms/Part4/Influenza_Eligibility.pdf)

