INFLUENZA

Influenza and pneumonia are the 8th leading cause of US deaths, and there are 50,000 deaths on average per year.

DIAGNOSIS
- Rapid molecular (genetic) assay
- Sensitivity/Specificity: 90%-95%

CONTAGIOUS
- A patient is contagious for 8 days
  - 1 day before
  - 7 days after symptoms start
- Ensure patient avoids contact with children < 6 months

FLU COMPLICATIONS

COMMON
- Otitis media
- Worsening of lung disease
- Pneumonia and sinusitis
- Worsening of heart disease

LESS COMMON
- Encephalitis
- Myocarditis
- Multisystem organ failure
- Rhabdomyolysis

TREATMENT
- Antivirals are most effective within 48 hours of symptom onset
- Supportive treatment
  - Rest
  - Hydration
  - OTC pain and fever relief

VACCINE

Influenza vaccine reduces your patient’s risk of getting the flu by 40%-60% and reduces the risk of spreading it to others.

VACCINATIONS
- It takes approximately two weeks to develop immunity after vaccination.
- Four different types of vaccines

1. Quadrivalent inactive
   - Ages 6 mos – 64 years

2. High antigen/high dose
   - Age > 65 years

3. Attenuated live virus nasal
   - Ages 2 – 49 years

4. Cell culture/recombinant
   - Severe egg allergy
   - Ages 50-64 due to higher antigen count

CONTRAINDICATIONS
- Age < 6 months
- Previous severe reaction

VACCINATE HIGH RISK PATIENTS
- Age > 50
- Pregnant women
- Chronic disease
- Impaired immunity

SCHEDULE
- Begin vaccinating in September
- Can vaccinate as late as April
- July-August is too early

To learn more, go to chestfoundation.org/flu.

An educational campaign on the burden of disease from influenza, brought to you by the CHEST Foundation, in collaboration with Sanofi Pasteur.

Read the CHEST Foundation Patient Education disclosure at chestfoundation.org/patient-education-disclosure/