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.