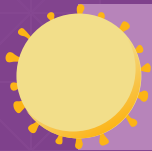


# INFLUENZA



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



90%-95%

## DIAGNOSIS

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

## CONTAGIOUS

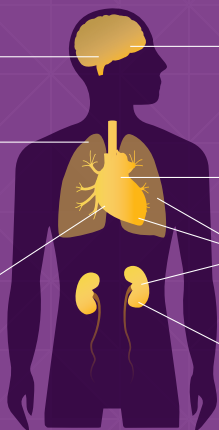
- A patient is contagious for 8 days
  - 1 day before
  - 7 days after symptoms start
- Ensure patient avoids contact with children < 6 months

## FLU COMPLICATIONS

### COMMON

### LESS COMMON

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



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](http://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/](http://chestfoundation.org/patient-education-disclosure/)