Triage Protocol for Patients with Suspected Influenza Infection
(Antiviral Medications)\(^1\)

1. Has influenza been documented in the community?
   If no, do not use this protocol.

2. Is there a documented fever of 100°F (37.8°C) or higher?
   If no, go to item 12.

3. Does the patient have symptoms of rhinorrhea/nasal congestion, cough, or a sore throat?
   If no, go to item 12.

4. Did the illness start abruptly (e.g., going from feeling well to ill in a few hours)?
   If no, go to item 12.

5. Is there any rash?
   If yes, go to item 11.

There is an 80 percent likelihood of influenza infection (when influenza is present in the community).

6. Is the patient between five and 49 years of age?
   If no, go to item 11.

7. Has the illness been present for less than 36 hours?
   If no, go to item 11.

8. Does the patient or patient’s parent or caregiver believe that the patient should be seen by a physician?
   If yes, go to item 11.

9. Does the patient have an ongoing chronic illness, or is there any coexisting psychiatric illness or any indication of renal failure?
   If yes, go to item 11.

10. This patient is a candidate for over-the-phone prescribing of antiviral therapy. Advise follow-up if condition worsens and routine follow-up two to three days after initiating therapy. Discuss the potential side effects (see Table 1).

11. This patient should be evaluated (interviewed and/or examined) by a physician.

12. The illness may be influenza or another respiratory virus. If significant concerns exist on the part of the patient, parent, or other person, consider scheduling a visit with a health care professional.

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\(^1\) Temte, JL. Telephone Triage of Patients with Influenza. Am Fam Physician. 2009 Jun 1;79(11):943-945.
Otherwise, advise hydration, rest, acetaminophen or ibuprofen for fever and aches, and follow-up as needed.

### Antiviral Therapy for Influenza*

<table>
<thead>
<tr>
<th>Medication (brand)</th>
<th>How supplied</th>
<th>Usual dosage</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oseltamivir (Tamiflu) (for ages ≥ 1 year)</td>
<td>75 mg</td>
<td>75 mg</td>
<td>Twice a day for five days</td>
</tr>
<tr>
<td></td>
<td>&lt; 33 lb (15 kg)</td>
<td>60 mg/5 mL</td>
<td>30 mg (2.5 mL)</td>
</tr>
<tr>
<td></td>
<td>33 to 50.7 lb (15 to 23 kg)</td>
<td>60 mg/5 mL</td>
<td>45 mg (3.75 mL)</td>
</tr>
<tr>
<td></td>
<td>50.8 to 88.2 lb (23 to 40 kg)</td>
<td>60 mg/5 mL</td>
<td>60 mg (5 mL)</td>
</tr>
<tr>
<td></td>
<td>&gt; 88.2 lb (40 kg)</td>
<td>75 mg</td>
<td>75 mg</td>
</tr>
<tr>
<td>Zanamivir (Relenza) (for ages ≥ 7 years)</td>
<td>5 mg powder</td>
<td>2 puffs</td>
<td>Twice a day for five days</td>
</tr>
</tbody>
</table>

* Therapy must be initiated no later than 48 hours after initial symptoms.