

**Ministry of Health & Family Welfare**  
**Seasonal Influenza**

**Guidelines on categorization of Seasonal Influenza cases during screening for home isolation, testing, treatment and hospitalization (Revised on 18.10.2016)**

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In order to prevent and contain outbreak of Influenza, virus for screening, testing and isolation are following guidelines to be followed:

At first all individuals seeking consultations for flu like symptoms should be screened at healthcare facilities both Government and private or examined by a doctor and these will be categorized as under:

**Category- A**

- ✓ Patients **with mild fever plus cough / sore throat** with or without bodyache, headache, diarrhoea and vomiting will be categorized as Category-A. They **do not require** Oseltamivir and should be treated for the symptoms mentioned above. The patients should be monitored for their progress and reassessed at 24 to 48 hours by the doctor.
- ✓ **No testing of the patient for Influenza is required.**
- ✓ Patients should confine themselves at home and avoid mixing up with public and high risk members in the family.

**Category-B**

(i) In addition to all the signs and symptoms mentioned under Category-A, if the patient has high grade fever and severe sore throat, may require home isolation and Oseltamivir;

(ii) In addition to all the signs and symptoms mentioned under Category-A, individuals having one or more of the following high risk conditions shall be treated with Oseltamivir:

- ✓ Children with mild illness but with predisposing risk factors.
- ✓ Pregnant women;
- ✓ Persons aged 65 years or older;
- ✓ Patients with lung diseases, heart disease, liver disease kidney disease, blood disorders, diabetes, neurological disorders, cancer and HIV/AIDS;
- ✓ Patients on long term cortisone therapy.

- ✓ **No tests for Influenza is required for Category-B (i) and (ii).**
- ✓ All patients of Category-B (i) and (ii) should confine themselves at home and avoid mixing with public and high risk members in the family.
- ✓ Broad Spectrum antibiotics as per the Guideline for Community-acquired pneumonia (CAP) may be prescribed.

### **Category-C**

In addition to the above signs and symptoms of Category-A and B, if the patient has one or more of the following:

- ✓ Breathlessness, chest pain, drowsiness, fall in blood pressure, sputum mixed with blood, bluish discolouration of nails;
- ✓ Children with influenza like illness who had a severe disease as manifested by the red flag signs (Somnolence, high and persistent fever, inability to feed well, convulsions, shortness of breath, difficulty in breathing, etc).
- ✓ Worsening of underlying chronic conditions.

All these patients mentioned above in Category-C require testing, immediate hospitalization and treatment.

## Oseltamivir Medication

- Oseltamivir is the recommended drug both for prophylaxis and treatment.
- **Dose for treatment is as follows:**
  - By Weight:
    - ✓ For weight <15kg 30 mg BD for 5 days
    - ✓ 15-23kg 45 mg BD for 5 days
    - ✓ 24-<40kg 60 mg BD for 5 days
    - ✓ >40kg 75 mg BD for 5 days
  - For infants:
    - ✓ < 3 months 12 mg BD for 5 days
    - ✓ 3-5 months 20 mg BD for 5 days
    - ✓ 6-11 months 25 mg BD for 5 days
- It is also available as syrup (12mg per ml )
- If needed dose & duration can be modified as per clinical condition.

## Chemo Prophylaxis

- All close contacts of suspected, probable and confirmed cases. Close contacts include household /social contacts, family members, workplace or school contacts, fellow travelers etc.
- All health care personnel coming in contact with suspected, probable or confirmed cases
- Oseltamivir is the drug of choice.
- Prophylaxis should be provided till 10 days after last exposure (maximum period of 6 weeks)
  - By Weight:
    - ✓ For weight <15kg 30 mg OD
    - ✓ 15-23kg 45 mg OD
    - ✓ 24-<40kg 60 mg OD
    - ✓ >40kg 75 mg OD
  - For infants:
    - ✓ < 3 months not recommended unless situation judged critical due to limited data on use in this age group
    - ✓ 3-5 months 20 mg OD
    - ✓ 6-11 months 25 mg OD