

This card explains how to prepare emergency dosages of  
**Tamiflu**  
 for infants and children exposed to influenza

*Once you have been notified by your federal, state, or local authorities that you have been exposed to influenza, it may be necessary to prepare **emergency** doses of Tamiflu (oseltamivir) for infants and children using Tamiflu capsules.*

**You will need:**

- One (1) 75 milligram (mg) Tamiflu (oseltamivir) capsule
- Metal teaspoon
- Measuring spoons [1 teaspoon (tsp)]  
 (NOTE measuring spoons are preferred, however if not available, use the metal spoon to measure and give the medicine)
- 1 small bowl
- Water
- One of these foods or drinks
  - chocolate syrup
  - maple syrup
  - strawberry jam
  - apple juice
  - applesauce

**Directions:**

1. Put one (1) 75-mg Tamiflu capsule contents into a small bowl, discarding empty capsule. Add two (2) level teaspoons (tsp) of water. Stir the water and capsule contents for 1 minute.



2.  
 3. Add three (3) level teaspoons (tsp) of a food or drink to the Tamiflu and water mixture. Stir them together until the drug looks evenly mixed with the food or drink. Final concentration of 3 mg/ml (2 tsp = 30 mg)



**How Much of the Tamiflu Mixture to Give a Child**

The number of teaspoons of the Tamiflu mixture to give a child depends on the child's weight. **If child's weight is unknown, weigh child before giving the first dose.** The chart tells you how much to give a child for one dose. You should give child one dose each day (once in the morning).

<i>If the child weighs</i>	<b>Give the child</b>
≤ 33 pounds (lbs.)	<b>Two (2) teaspoons (tsp) or 30 mg</b> of the Tamiflu solution
>33 – 51 (lbs.)	<b>Three (3) teaspoons (tsp) or 45 mg</b> of the Tamiflu solution
>51 – 88 (lbs.)	<b>Four (4) teaspoons (tsp) or 60 mg</b> of the Tamiflu solution
>88 (lbs.)	<b>Five (5) teaspoons (tsp) or 75 mg</b> of the Tamiflu solution

The recommended oral dose of Tamiflu prophylaxis of influenza in adults and adolescents 13 years and older is 75 mg once daily for 10 days. Treatment should begin within 2 days of exposure.

**How already prepared Tamiflu solution should be stored**

- Tamiflu mixed with any of the recommended foods and drinks will keep for at least 24 hours.
- Store the mixture in a covered container and refrigerate.
- Mixtures made with juice can be stored at room temperatures.