



# Flu Antiviral Medications

## What are flu antiviral drugs?

Flu antiviral drugs are prescribed by a health care provider and work by decreasing the ability of flu viruses to multiply. While getting a flu vaccine each year is the first and best way to protect you from the flu, antiviral drugs may be used as a second line defense to treat and/or prevent the flu.

## What are the benefits of flu antiviral drugs?

When used for treatment, flu antiviral drugs can lessen symptoms and shorten the time people are sick by 1 or 2 days. They can prevent serious flu complications, like pneumonia, and for people with high-risk medical conditions, antiviral drug treatment can mean the difference between a mild flu illness or a severe illness resulting in a hospital stay. They may also reduce the length of time people can spread the flu to others.

## When should flu antiviral drugs be taken for treatment?

For treatment, studies have shown that flu antiviral drugs work best when started within 48 hours of becoming sick. However, starting them even after 48 hours of symptoms can still be helpful, especially if the person with flu has a high-risk health condition or is very sick from the flu.

## What antiviral medications are recommended for treatment as well as prevention of flu?

The two drugs recommended for use are Tamiflu<sup>®</sup> and Relenza<sup>®</sup>; these antiviral drugs fight against both influenza A and B viruses. Oseltamivir (brand name Tamiflu<sup>®</sup>) is approved to treat people 2 weeks and older and prevent flu in people one year and older. Zanamivir (brand name Relenza<sup>®</sup>) is approved to treat flu in people 7 years and older and to prevent flu in people 5 years and older.

## Who should take antiviral drugs for flu?

It's very important that antiviral drugs are used early to treat people who are very sick with the flu (ex: people who are in the hospital) and people who are sick with the flu and are at greater risk of serious flu-related complications, either because of their age or because they have a high-risk medical condition. In addition, close contacts of people with the flu who are at high risk of serious flu-related complications may prevent the flu by using flu antivirals. Other people also may be treated with antiviral drugs by their doctor this season. Most otherwise-healthy people who get the flu, however, do not need to be treated with antiviral drugs.

## How can someone get an antiviral drug for the flu?

People must get flu antiviral drugs from their health care provider.

## How long should antiviral drugs be taken?

The length of time antiviral drugs should be taken depends on if they are being used to treat or prevent the flu. To prevent the flu, antiviral drugs should be taken for 7 days after the most recent known exposure if it can be started within 48 hours of exposure. To treat the flu, oseltamivir and zanamivir are taken for 5 days, although people hospitalized with flu may need the antivirals for longer than 5 days.

## How effective are antiviral drugs at preventing the flu?

When used to prevent the flu, antiviral drugs are about 70% to 90% effective. Remember that flu antiviral drugs are not a substitute for getting the flu vaccine. Antivirals can only prevent the flu if you know you are exposed to the flu, and you may not always know.

**What are the side effects of flu antiviral drugs?**

Like any medication, side effects are possible and are different for each medicine. It is important for people to ask their doctors to explain how to use the medicine and any possible side effects. Health care professionals prescribing flu antiviral drugs should let their parents know about any serious side effects that can occur.

**Can flu antiviral drugs help with other illnesses such as the common cold?**

No. Flu antiviral drugs only work against flu viruses. They will not help reduce symptoms from the common cold or any other flu-like illnesses caused by viruses other than flu viruses.

**What should be done if problems occur when taking the flu antiviral medicine?**

If side effects occur while taking flu antiviral medications, people should talk to their health care provider immediately.

**Can flu antiviral medicine be given to pregnant women?**

Tamiflu<sup>®</sup> and Relenza<sup>®</sup> are “Pregnancy Category C” medications, indicating that no clinical studies have been done to test the safety of these drugs for pregnant women. However, the available risk-benefit data indicate that pregnant women and women who are up to 2 weeks post-partum with suspected or confirmed influenza should receive prompt antiviral therapy.

\*For additional information, see Centers for Disease Control and Prevention: Recommendations for Obstetric Health Care Providers Related to Use of Antiviral Medications in the Treatment and Prevention of Influenza at [http://www.cdc.gov/flu/professionals/antivirals/avrec\\_ob.htm](http://www.cdc.gov/flu/professionals/antivirals/avrec_ob.htm).