

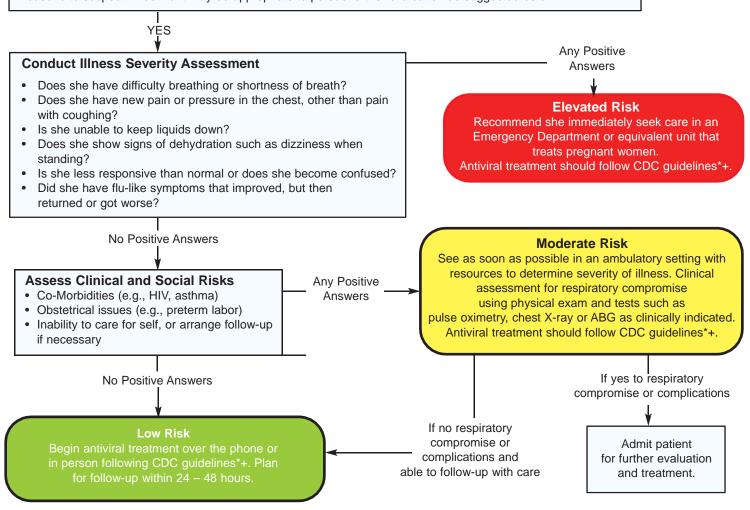
Influenza Season Assessment and Treatment for Pregnant Women with Influenza-Like Illness



Confirm Patient Presents with Influenza-Like Illness

- Fever > 37.8 degrees Celsius (100.0 F) AND
- Cough **or** sore throat

Some women with influenza illness will not have a fever. Other symptoms include chills, body aches/muscle pain, headache, fatigue, runny nose, and occasionally diarrhea and vomiting. If in your clinical judgment there are other reasons to suspect influenza it may be appropriate to pursue further evaluation as suggested below.



- * Oseltamivir: 75-mg PO twice per day for 5 days <u>OR</u>
 Zanamivir: Two 5-mg inhalations (10 mg total) twice per day for 5 days
- + Check with institution to determine requirements for testing. Do not wait for test results to initiate treatment.

Vaccination with seasonal influenza will help reduce incidence of flu. Check the College's Immunization for Women website at www.immunizationforwomen.org for any future updates on this information.

This information is designed to aid practitioners in assessing and treating influenza-like illness during pregnancy. This guidance should not be construed as dictating an exclusive course of treatment or procedure. Variations in practice may be warranted based on the needs of the individual patient, resources and limitations unique to the institution or type of practice.

Please be advised that this guidance may become out-of-date as new information on influenza in pregnant women becomes available from the Centers for Disease Control and Prevention (CDC).

January 11, 2013 • The American College of Obstetricians and Gynecologists and the Society for Maternal-Fetal Medicine