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First Influenza Cases in Hastings Prince Edward Counties

To: Health Care Providers [Physicians, NPs, CHCs, FHTs]; Quinte Healthcare [ERs, ICP, Patient Services]; Long Term Care Homes; Retirement Homes; Pharmacies

From: Bill Sherlock, Manager, Health Protection Dept.

Hastings Prince Edward Public Health has received two laboratory-confirmed cases of influenza.

94% of cases reported thus far in Ontario this season are H3N2.

Influenza activity typically peaks late December every year. Since the influenza vaccine takes approximately 10-14 days to become effective, it is advisable to immunize your patients now.

Antiviral medications (Tamiflu or Relenza) are recommended for:

- Treatment of moderate, progressive, severe or complicated influenza,
- Treatment of those at high risk for complication of influenza, such as children less than 5 years of age, adults 65 years of age and over, and those with underlying medical conditions
- Treatment and prevention in influenza outbreaks in institutional settings.

For more information on Antivirals recommendations, visit Public Health Ontario website at <http://www.publichealthontario.ca> under *Antiviral medications for influenza: Information for health care providers*

Influenza testing kits with nasopharyngeal swabs can be obtained from Kingston Public Health Lab at 613-548-6630.

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