

TREATING INFLUENZA IS IMPORTANT

Influenza causes more deaths than road accidents: 1500 - 3000 people each year.

What flu can do to your patients can be brutal!

- Hospitalisation
- Exacerbation
- Death

Who is most at risk?

Notifications were highest in children aged under 10 years and adults aged 80 years and older.

YOU PLAY AN IMPORTANT ROLE

In protecting thousands who are at risk of influenza complications! 55% of the population did not intend to get a 'flu shot' in 2018 - which leaves vulnerable people exposed because Australia is far from reaching herd immunity!

2018 was a mild influenza season with only 58,570* notifications of laboratory confirmed influenza. But the proportion of hospitalised patients admitted to ICU was 8 % and on par with previous years!

The start of 2019 has seen a huge spike in influenza cases. From January 2019 to April 2019 there has already been a reported 28,987 cases.

*It is estimated that lab confirmed influenza represents only the tip of the iceberg in the community.

INFLUENZA SIGNS AND SYMPTOMS



Runny Nose



High fever and chills



Severe coughs



Sore throat



Headaches



Muscle aches and sore joints



Children symptoms may also include nausea, vomiting, and diarrhoea

HOW DO INFLUENZA ANTIVIRAL DRUGS WORK?

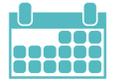
They **block** the activity of the **neuraminidase enzyme**, which stops the release of the virus from infected cells and restricts further progression within the body.



If antivirals are commenced within 48 hours of onset of illness they achieve:



63% reduction of hospital admissions



1 day reduction in duration of symptoms



44% reduction of lower respiratory tract complications



Reduction of otitis media and antibiotic use in young children

ANTIVIRAL TREATMENTS & POSSIBLE SIDE EFFECTS

Tamiflu®

Oseltamivir
Oral capsule
(marketed as **Tamiflu**)

Side effects are **uncommon** and **generally mild**. May cause **nausea** and **vomiting**. There have been post-marketing reports of **rare transient neuropsychiatric events**, mainly among Japanese adolescents and adults.

RELENZA

Zanamivir
Inhaled formulation
(marketed as **Relenza**)

Side effects are **uncommon** and **generally mild**. May cause **gastrointestinal disturbances, headaches, dizziness**, it may also cause **upper airway congestion, sinusitis, bronchitis and coughs**.

