

CDC: Recommended Dosage and Duration of Treatment or Chemoprophylaxis for Influenza Antiviral Medications

Dosage			
Antiviral Agent	Use	Children	Adults
Oseltamivir (Tamiflu®)	Treatment	If younger than 1 yr old, the dose is 3 mg/kg/dose twice daily. (Dose varies by child's weight) If 1 yr or older and weigh 15 kg or less, the dose is 30 mg twice a day. If 1 yr or older and weigh more than 15 to 23 kg, the dose is 45 mg twice a day. If 1 yr or older and weigh more than 23 to 40 kg, the dose is 60 mg twice a day.	75 mg twice daily
		If 1 yr or older and weigh more than 40 kg, the dose is 75 mg twice a day.	
	Chemo-prophylaxis	(Not FDA approved for use in children younger than 1 yr old) If child is younger than 3 months old, chemoprophylactic use is not recommended unless situation is judged critical due to limited data on use in this age group.	75 mg once daily
		(Not FDA approved for children younger than 1 yr, but use in children 3 months and older and younger than 1 yr old was approved under EUA during the 2009 H1N1 pandemic) If child 3 months or older and younger than 1 yr old, dose is 3 mg/kg/dose once per day.	
		(Dose varies by child's weight) If 1 yr or older, and weigh 15 kg or less, the dose is 30 mg once a day.	
		If 1 yr or older and weigh more than 23 to 40 kg, the dose is 60 mg once a day.	
		If 1 yr or older and weigh more than 40 kg, the dose is 75 mg once a day.	
Zanamivir (Relenza®)	Treatment	10 mg (2 inhalations) twice daily (Not FDA approved for use in children younger than 7 yrs old)	10 mg (2 inhalations) twice daily
	Chemo-prophylaxis	10 mg (2 inhalations) once daily (Not FDA approved for use in children younger than 5 yrs old)	10 mg (2 inhalations) once daily

Duration	
Treatment	Recommended duration for antiviral treatment is 5 days. Longer treatment courses for patients who remain severely ill after 5 days of treatment can be considered.
Chemo prophylaxis	Recommended duration is 7 days after exposure.
	For control of outbreaks in long-term care facilities (e.g. elderly nursing homes) and hospitals, CDC recommends antiviral chemoprophylaxis for a minimum of 2 weeks, and continuing up to 1 week after the last known case was identified. Antiviral chemoprophylaxis should be considered, especially for elderly long-term care facilities, for all exposed residents, including those who have received influenza vaccination.