

Infectious Diseases and American Academy of Pediatrics Bronchiolitis Guidelines Committee, 2014).

Oseltamivir is a neuraminidase inhibitor that may be administered orally for 5 days to children older than 1 year of age (and adults) to decrease the flu symptoms; this drug must be taken within 2 days of the onset of symptoms. It is reported to be effective for types A and B influenza ([American Academy of Pediatrics Committee on Infectious Diseases and Pickering, 2012](#)).

Zanamivir can be used for treatment of influenza in patients 7 years old and older and for prophylaxis of influenza in patients 5 years old and older. It must be started within 48 hours of the onset of symptoms. Zanamivir is an inhaled medication effective for type A and B influenza. The drug is taken twice daily for 5 days and is administered by a specially designed oral inhaler (Diskhaler). Bronchospasm and a decline in lung function can occur when zanamivir is used in patients with underlying airway disease, such as asthma or chronic obstructive pulmonary disease (COPD).

## Prevention

The influenza vaccine is now recommended annually for children over 6 months old. Influenza vaccine (trivalent inactivated influenza vaccine [TIV]) may be given to healthy children 6 months old and older via IM injection. The TIV vaccines are safe and effective provided the antigens in the vaccine correlate with the circulating influenza viruses (see [Immunizations, Chapter 6](#)). Patients who have a hypersensitivity to eggs with a history of hives after exposure, may receive the trivalent recombinant influenza vaccine in a setting with readily available personnel and equipment.

The live attenuated influenza vaccine (LAIV) is a nasal spray flu vaccine approved by the US Food and Drug Administration that is licensed for administration in people 2 to 49 years old. However, this preparation contains a live virus and should not be used in individuals who are immunocompromised or receiving immunosuppressants, have reactive airway disease, have a febrile illness, are receiving aspirin therapy, have a chronic respiratory condition, have received a live vaccine in the previous 28 days, are or could be pregnant, or have a history of Guillain-Barré syndrome ([Centers for Disease Control and Prevention, 2012](#)). It should also