

HALTON REGION PUBLIC HEALTH • Office of the Medical Officer of Health

TEL: 905-825-6000 • TOLL FREE: 1-866-442-5866 • FAX: 905-825-1444

TO: Halton Physicians, Nurse Practitioners, Pharmacists, other Healthcare Providers

FROM: Dr. Patrick Galange, Associate Medical Officer of Health

DATE: October 29, 2024

RE: Antiviral and Therapeutic Prescribing in LTC/RR and other Congregate Settings

QUICK FACTS

- Prepare antivirals and therapeutic prescriptions, as well as bloodwork showing recent renal function, in advance to prevent delays during respiratory outbreaks

KEY MESSAGES FOR HEALTHCARE PROVIDERS

- For patients in long-term care, retirement homes and congregate living settings:
 - Have prepared prescriptions and refill orders on file
 - Consider providing a standing order for influenza antiviral prescriptions (e.g., Tamiflu™/oseltamivir and Relenza™/zanamivir) for these settings in Halton region upon their request
 - Reference chart below for treatment dosage and duration for influenza antivirals
 - Note: prophylactic dosages are required during an outbreak

Antiviral treatment dosages for lab confirmed residents:	Antiviral treatment dosages for symptomatic (not lab confirmed) residents:	Antiviral prophylactic dosages for asymptomatic residents:
Tamiflu™ (drug of choice): 75 mg PO BID for 5 days	Tamiflu™ (drug of choice): 75 mg PO BID for 5 days, then 75 mg PO OD until end of outbreak	Tamiflu™ (drug of choice): 75 mg PO OD until end of outbreak
Relenza™ (alternative): 10 mg (2 puffs) inhaled BID for 5 days (not for persons with chronic pulmonary disease)	Relenza™ (alternative): 10 mg (2 puffs) inhaled BID for 5 days then 10 mg (2 puffs) inhaled OD until end of the outbreak (not for persons with chronic pulmonary disease)	Relenza™ (alternative): 10 mg (2 puffs) inhaled OD until end of outbreak (not for persons with chronic pulmonary disease)

Source: Treatment and prophylactic regimens as per Association of Medical Microbiology and Infectious Disease Canada (AMMI) Canada Guideline and duration as per [Ministry of Health – Appendix B](#). For patients with renal impairments see the Table 3 for Tamiflu™ treatment regimens in AMMI Canada Guideline.

- For COVID-19, consider preparing in advance a treatment plan, discussing therapeutic options (e.g., Paxlovid™/nirmatrelvir/ritonavir) and ordering necessary lab work
- Reminder to access the Ministry of Health portal for [COVID-19 RAT test kits PPE Supply Portal - Sign In](#)

ADDITIONAL RESOURCES

- Ministry of Health - [Recommendations for Outbreak Prevention and Control in Institutions and Congregate Living Settings, 2024](#) (October 2024)
- Ontario Health – [COVID-19 Treatment](#) (October 2024)
- Public Health Ontario – [Antiviral Medications for Seasonal Influenza in 2024-25: Public Health Considerations](#) (September 2024)

Please report all suspected/confirmed cases of [Diseases of Public Health Significance](#) (only report COVID-19 cases occurring in high-risk settings) to Public Health immediately by calling 311, 905-825-6000 or toll free at 1-866-442-5866.

PLEASE PROVIDE A COPY TO ALL PHYSICIANS IN YOUR OFFICE AND/OR POST IN EMERGENCY DEPARTMENTS AND PHYSICIAN LOUNGES. IF YOU HAVE ANY ISSUES WITH THIS ATTACHMENT, PLEASE EMAIL DOCTORS@HALTON.CA.