

FLU SEASON 2018

As the flu season is upon us, Fidelis Care would like to inform you of the availability of oseltamivir (Tamiflu®) for our Fidelis Care members in:

- **Medicaid Managed Care (MMC)**
 - **Child Health Plus (CHP)**
 - **HealthierLife (HARP)**

Effective 1/1/2018, Oseltamivir (Tamiflu®) will be available as follows

Quantity Limits	<ul style="list-style-type: none">• Capsules: Up to 10 capsules per fill• Suspensions: Up to 120 mL per fill
Day Supply Limits	<ul style="list-style-type: none">• Maximum of 5-day supply (for treatment)• Exceptions: Members under 5 years of age or 65 years or older
Age Limits	<ul style="list-style-type: none">• Suspensions: Allowable for members under the age of 8• Note: Oseltamivir or Tamiflu® capsules may be opened and mixed with sweetened liquids such as regular or sugar-free chocolate syrup, corn syrup, caramel topping, or light brown sugar (dissolved in water)

Please remember:

1. To be effective for influenza treatment, oseltamivir **MUST** be started within 48 hours of symptoms.
2. The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. The flu vaccine is available to all Fidelis Care members.
 - a. Everyone 6 months of age and older should get a flu vaccine every year.
 - b. Patients of high risk especially require a vaccination to decrease risk of severe illness:
 - i. Children less than 5 years old
 - ii. Adults 65 years old and older
 - iii. Pregnant women and women up to 2 weeks postpartum
 - iv. Patients with chronic pulmonary, cardiovascular, renal, neurologic, hematologic, or metabolic disorders
 - v. People who are immunocompromised
 - vi. Patients 18 years old or younger who are receiving long-term aspirin therapy
 - vii. Residents of nursing homes or long-term/chronic care facilities
 - viii. People with extreme obesity (BMI of 40 or more)
3. Medication prophylaxis such as oseltamivir is **NOT** a substitute for vaccination.

For more information, please visit the CDC website: <https://www.cdc.gov/flu/>