

Who should I test for influenza? Information for Providers

Adapted from *Clinical Infectious Diseases* 2009; 48:1003–32 and CDC

During influenza season* , testing should occur in the following persons *if the result will influence clinical management* (initiation of antiviral treatment, impact on other diagnostic testing, antibiotic treatment decisions, and infection control practices):

- Outpatient immunocompetent high risk§ children and adults presenting with acute febrile respiratory symptoms, within 5 days after illness onset
- Outpatient immunocompromised children and adults presenting with febrile respiratory symptoms, irrespective of time since illness onset
- Hospitalized children and adults with fever and respiratory symptoms, including those with a diagnosis of community-acquired pneumonia, irrespective of time since illness onset
- Elderly persons and infants presenting with suspected sepsis or fever of unknown origin, irrespective of time since illness onset
- Children with fever and respiratory symptoms presenting for medical evaluation, irrespective of time since illness onset
- Persons of any age who develop fever and respiratory symptoms after hospital admission, irrespective of time since illness onset
- Immunocompetent persons with acute febrile respiratory symptoms who are not at high risk§ of developing complications secondary to influenza infection may be tested by sentinel providers in West Virginia

At any time of the year, testing should occur for the following persons

- Health care personnel, residents, or visitors in an institution experiencing an influenza outbreak who present with febrile respiratory symptoms, within 5 days after illness onset
- Persons who are epidemiologically linked to an influenza outbreak (e.g., household and close contacts of persons with suspected influenza, returned travelers from countries where influenza viruses may be circulating, participants in international mass gatherings, and cruise ship passengers), who present within 5 days after illness onset

***West Virginia influenza surveillance data is available at:**

<http://www.wvdep.org/AZIndexofInfectiousDiseases/Influenza/InfluenzaSeason0809/tabid/1747/Default.aspx>

Infectious Disease Epidemiology

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National surveillance data is available at: <http://www.cdc.gov/flu/weekly/fluactivity.htm>

§Persons at high risk for influenza complications include:

- Children less than 5 years, especially children less than 2 years
- Persons with asthma or other chronic pulmonary diseases, such as cystic fibrosis in children or chronic obstructive pulmonary disease in adults
- Persons with hemodynamically significant cardiac disease
- Persons who have immunosuppressive disorders or who are receiving immunosuppressive therapy
- HIV-infected persons
- Persons with sickle cell anemia and other hemoglobinopathies
- Persons less than 19 years receiving long-term aspirin therapy
- Persons with chronic renal dysfunction
- Persons with cancer
- Persons with chronic metabolic disease, such as diabetes mellitus
- Persons with neuromuscular disorders, seizure disorders, or cognitive dysfunction that may compromise the handling of respiratory secretions
- Pregnant women
- Adults aged > 65 years
- Residents of any age of nursing homes or other long-term care institutions

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