

Every year, thousands of people across the United States are struck with the flu, and many thousands more catch other similar viral illnesses. While most people have a strong enough immune system to fight off these illnesses, there are certain groups of people who are more likely to become critically ill due to having the flu. In some cases, Tamiflu™ has been shown to lessen the length of a flu illness by about 18 hours. The Centers for Disease Control and Prevention (CDC) recommend treating the following groups of patients with the medication Tamiflu™:

- Children aged younger than 2 years old
- Adults aged 65 years and older
- Persons with significant comorbidities (COPD/asthma, diabetes, mental retardation, cerebral palsy, stroke, etc.)
- Persons with immunosuppression (chemotherapy/HIV)
- Women who are pregnant or postpartum (within 2 weeks after delivery)
- Persons aged younger than 19 years who are receiving long-term aspirin therapy
- American Indians/Alaska Natives
- Persons who are morbidly obese (BMI greater than or equal to 40)
- Residents of nursing homes and other chronic care facilities

In order to save our patients the time and expense related to unnecessary testing for the flu, all SCR facilities have agreed to only test patients who would qualify for treatment based on the CDC's recommendations.

You can treat the flu and other similar viral illnesses by treating the symptoms, getting plenty of rest, and drinking plenty of fluids. Also, avoid contact with others and make sure everyone in your household performs strict handwashing.