

Table 1: Antiviral dosages and schedules for treatment of Seasonal Influenza in children, adults, pregnancy and immunocompromised

| Drug | Dose | | | | | | Duration | Notes | |
|---------------------------|--|---|--|---------------------|---------------------|---|------------------------------------|---------------------------------------|---|
| 1st choice options | | | | | | | | | |
| Treatment | Premature (< 36 weeks post conceptual age) | 0-12 months (36 weeks post conceptual age or greater) | ≥ 1 year -12 years: Dose according to weight below | | | | Adults (≥ 13 years) ^{2,3} | 5 days (10 days in immunocompromised) | ¹ Unlicensed use; based on evidence from literature and expert opinion ² Dose reduction required in renal impairment (eGFR <60ml/min/1.73m ² or CrCl <60ml/min). ³ If a person in this age group weighs 40kg or less, it is suggested that the >23-40kg dose for those aged ≥ 1-12 years is used. |
| | | | 10-15 kg | >15-23 kg | >23-40 kg | >40kg | | | |
| Oseltamivir PO | 1mg/kg/dose every 12 hours ¹ | 3mg/kg/dose every 12 hours | 30mg every 12 hours | 45mg every 12 hours | 60mg every 12 hours | 75mg every 12 hours | 75 mg every 12 hours | | |
| 2nd choice options | | | | | | | | | |
| Zanamavir Inhaled | For children < 5 years old | For children aged ≥ 5 years | | | | Adults | | 5 days | Zanamivir inhaler is authorised for use in the EU but not marketed in Ireland; zanamivir inhaler is only available as an unlicensed product in Ireland. |
| | Not licensed | 10mg (two x 5mg inhalations) every 12 hours | | | | 10mg (two x 5mg inhalations) every 12 hours | | | |