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September 29, 2009

To Whom It May Concern,

There has been recent confirmation of an outbreak of influenza A at Calabasas High School. The CDC, California Department of Public Health and the Los Angeles Department of Public Health suggest that high risk contacts to people with influenza A be considered for antiviral medication. There are pros and cons to receiving this medication. Therefore, we recommend that close contacts (e.g. household contacts) to people with influenza who meet any of the following criteria visit their physician to discuss the use of antiviral medication:

- Children age 4 years and younger, especially children younger than age 2 years
- Pregnant women
- Residents of nursing homes and other chronic-care facilities
- Persons younger than 19 years of age and receiving long-term aspirin therapy
- Persons with the following conditions:
  1. Chronic pulmonary (including asthma), cardiovascular (except hypertension), kidney, liver, blood (including sickle cell disease), or metabolic disorders (including diabetes)
  2. Immunosuppression, including that caused by medications or HIV infection
  3. Any condition that can compromise respiratory function or the handling of respiratory secretions or that can increase the risk of aspiration (e.g. cognitive dysfunction, spinal cord injuries, severe seizure disorders, or other neuromuscular disorders)

Please take this letter with you to your physician visit as it contains an internet link to the most recent CDC guidelines for use of antiviral medication in this setting.

<http://www.flu.gov/vaccine/antiviralguidance.html>

Sincerely,

Elise Pomerance, MD, MPH