

**TO:** EZIZ Users  
**FROM:** CDPH  
**SUBJECT:** Protect Your Patients with Asthma from Influenza  
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## Protect Your Patients with Asthma from Influenza

People with asthma are more likely to get severe influenza. Asthma is the *most* common medical condition among children hospitalized with influenza and one of the more common conditions among hospitalized adults. [See the [FluView Interactive application](#).]

### Immunize ASAP

To help protect your patients with asthma, urge them to get immunized against influenza as soon as flu vaccine is available. Please review current recommendations closely: Inactivated influenza vaccines may be used with fewer restrictions than live vaccine.

Because people with asthma are at greater risk for developing pneumonia, you should also recommend [pneumococcal vaccines](#), which may be given at the same time as influenza vaccine.

### Treat Promptly

Administer antiviral drugs as early as possible, ideally within 48 hours after symptoms start - oseltamivir is typically indicated rather than inhaled zanamivir.

### CDPH recommends you use these materials to educate patients:

- [“Protect them from the Flu”](#) bilingual pediatric poster
- [Fight Back—Get Your Flu Shot | Spanish](#) (CDC)  
Poster for people with asthma
- [My Little Boy has Asthma flyer | Spanish](#) (CDC)
- [My Little Boy has Asthma poster | Spanish](#) (CDC)
- [Are you at risk for serious complications from the flu?](#) (CDC)

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