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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