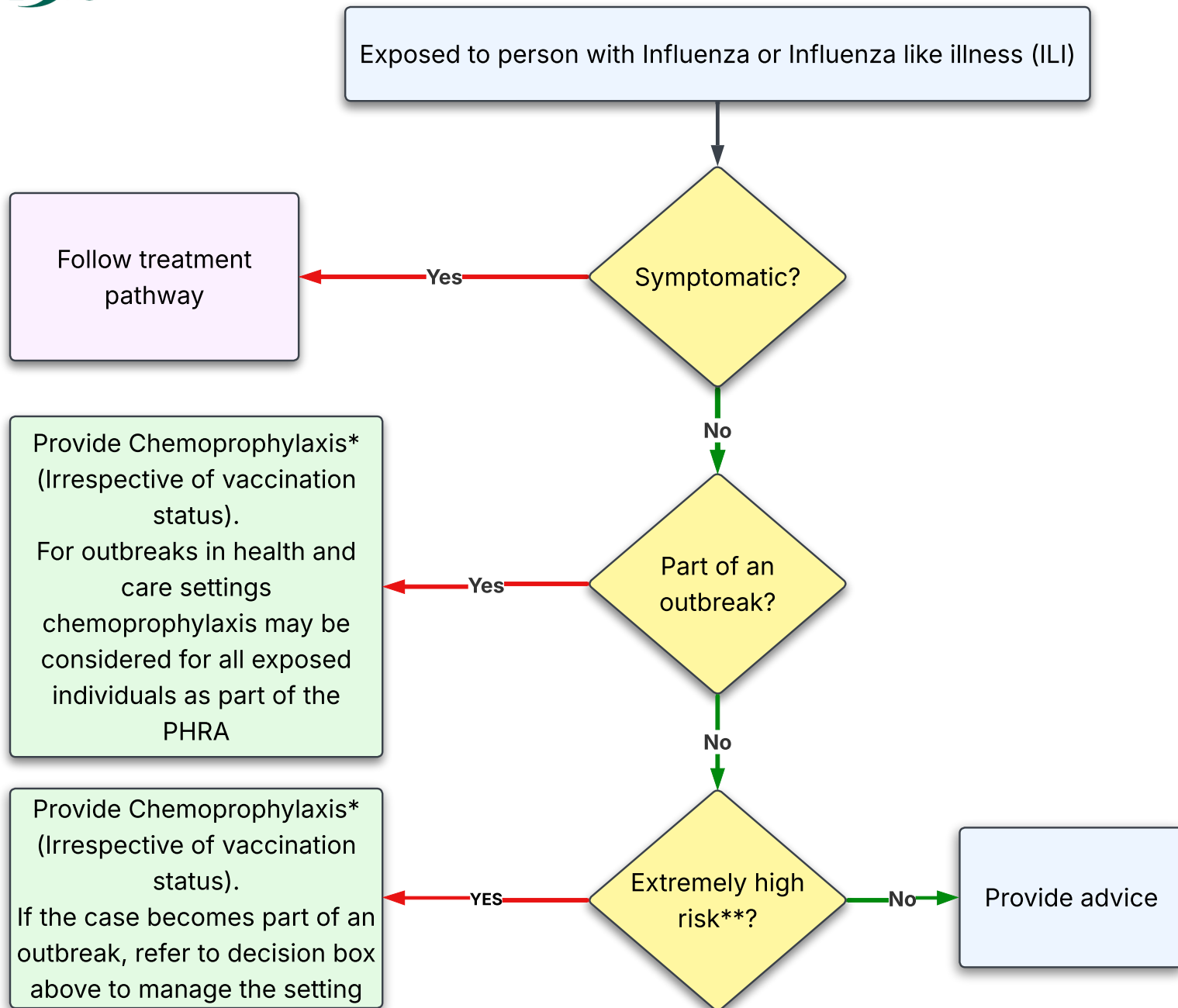




Post Exposure Chemoprophylaxis for Influenza

V 1.0 17/09/2026



*Initiate as soon as possible after exposure due to the short incubation period of influenza.

****Patients at extremely high risk of hospitalisation are defined as:**

- Age 85 years or more; or
- Any age + multiple major risk factors***

Additional risk factors that had an OR of 1.7 - 2 for hospitalisation include:

- malignancy
- pregnancy
- diabetes.

***Multiple major risk factors are those medical conditions associated with an increased risk of influenza-related complications - Cancer; Chronic heart disease; Chronic kidney disease; Chronic liver disease; Chronic neurological disease; Chronic respiratory disease; Diabetes and other metabolic disorders, including inherited metabolic disorders; Haemoglobinopathies; Immunocompromise due to disease or treatment; Body mass index $\geq 40\text{kg/m}^2$; Serious mental health conditions; Children and adults with Down syndrome; Children with moderate to severe neurodevelopmental disorders; Children on long-term aspirin therapy. (National Immunisation Advisory Committee (NIAC). *Immunisation Guidelines for Ireland: Chapter 11 Influenza*. Dublin: Health Information and Quality Authority (HIQA); 2026)

This list is not exhaustive, and the medical practitioner should apply clinical judgment to consider the risk of influenza exacerbating any medical condition that a patient may have, as well as the risk of serious illness from influenza