

THIS IS AN OFFICIAL NH DHHS HEALTH ALERT

Distributed by the NH Health Alert Network
DHHS.Health.Alert@dhhs.nh.gov
January 11, 2024, 0800 (8:00 PM EDT)
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Respiratory Virus Season Update

Key Points and Recommendations:

- NH is experiencing a high level of respiratory virus activity resulting from co-circulating high levels of influenza, COVID-19, and RSV; this is leading to [strain on NH hospitals](#).
- Providers should continue to discuss and recommend immunizations for eligible patients to prevent severe disease and complications from influenza, COVID-19, and RSV. Clinical recommendations are linked below:
 - [Influenza vaccines](#)
 - [COVID-19 vaccines](#)
 - [RSV vaccines for adults 60 years of age and older](#)
 - [RSV vaccine during pregnancy](#)
 - [RSV monoclonal antibody \(Nirsevimab\) for infants and at-risk young children](#)
- Real-world short-term vaccine effectiveness studies for the updated 2023-2024 COVID-19 vaccines ([van Werkhoven, et al. Euro Surveill. Jan 2024](#); [Holm Hansen, et al. Lancet Infect Dis. Jan 2024](#)) found that COVID-19 vaccination reduces the risk of hospitalization from COVID-19 in older adults by about 70-75%, and can provide high-level protection when administered to coincide with times of greater COVID-19 activity during respiratory virus season.
- Providers should continue to assess patients infected with influenza or SARS-CoV-2 for outpatient treatment with oral antivirals (e.g., Tamiflu and Paxlovid, respectively).
 - Review CDC's clinician summary on [Influenza Antiviral Medications](#)
 - Refer to the [NIH COVID-19 Treatment Guidelines](#)
- [Numerous studies](#) (list below) have shown that early treatment with oral antivirals is effective at preventing COVID-19 related hospitalizations and deaths, especially Paxlovid which continues to be first-line outpatient therapy for treating COVID-19 in [high-risk persons](#) 12+ years of age.
- NH Division of Public Health Services hosts monthly webinars on the 2nd Thursday of each month from 12:00 – 1:00 pm to provide important public health updates. The next webinar will occur this **Thursday, January 11th from 12:00 – 1:00 pm** and respiratory virus updates will be provided:
 - Webinar link: <https://nh-dhhs.zoom.us/j/94059287404>
 - Call-in phone number: (646) 558-8656
 - Webinar ID: 940 5928 7404
 - Password: 353809
- Webinar information and updates, including past presentations, can be found at our [Healthcare Provider Resources website](#).

Additional Information & Resources:

Multiple studies have demonstrated the effectiveness of oral antivirals Paxlovid (nirmatrelvir/ritonavir) and molnupiravir at preventing hospitalization and death in outpatients with COVID-19:

[Jayk Bernal, et al. *N Engl J Med.* Feb 2022](#)

[Hammond, et al. *N Engl J Med.* Apr 2022](#)

[Arbel, et al. *N Engl J Med.* Sept 2022](#)

[Dryden-Peterson, et al. *Ann Intern Med.* Jan 2023](#)

[Naijar-Debbiny, et al. *Clin Infect Dis.* Feb 2023](#)

[Schwartz, et al. *CMAJ.* Feb 2023](#)

[Aggarwal, et al. *Lancet Infect Dis.* Jun 2023](#)

[Lewnard, et al. *Lancet Infect Dis.* Jul 2023](#)

[Kaboré, et al. *Clin Infect Dis.* Sept 2023](#)

[Lin, et al. *JAMA Netw Open.* Sept 2023](#)

[Faust, et al. *Clin Infect Dis.* Nov 2023](#)

Utilize the following resources to help evaluate and manage potential Paxlovid drug-drug interactions:

- University of Liverpool: [COVID-19 Drug Interactions Website](#)
- NIH COVID-19 Treatment Guidelines: [Drug-Drug Interactions Between Ritonavir-Boosted Nirmatrelvir \(Paxlovid\) and Concomitant Medications](#)
- IDSA COVID-19 Treatment Guidelines: [Management of Drug Interactions with Nirmatrelvir/Ritonavir \(Paxlovid\): Resource for Clinicians](#)

- For any questions regarding this notification, please call the NH DHHS, DPHS, Bureau of Infectious Disease Control at (603) 271-4496 during business hours (8:00 a.m. – 4:30 p.m.).
- If you are calling after hours or on the weekend, please call the New Hampshire Hospital switchboard at (603) 271-5300 and request the Public Health Professional on-call.
- To change your contact information in the NH Health Alert Network, please send an email to DHHS.Health.Alert@dhhs.nh.gov or visit www.nhhan.org.

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From: Benjamin P. Chan, MD, MPH; State Epidemiologist
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