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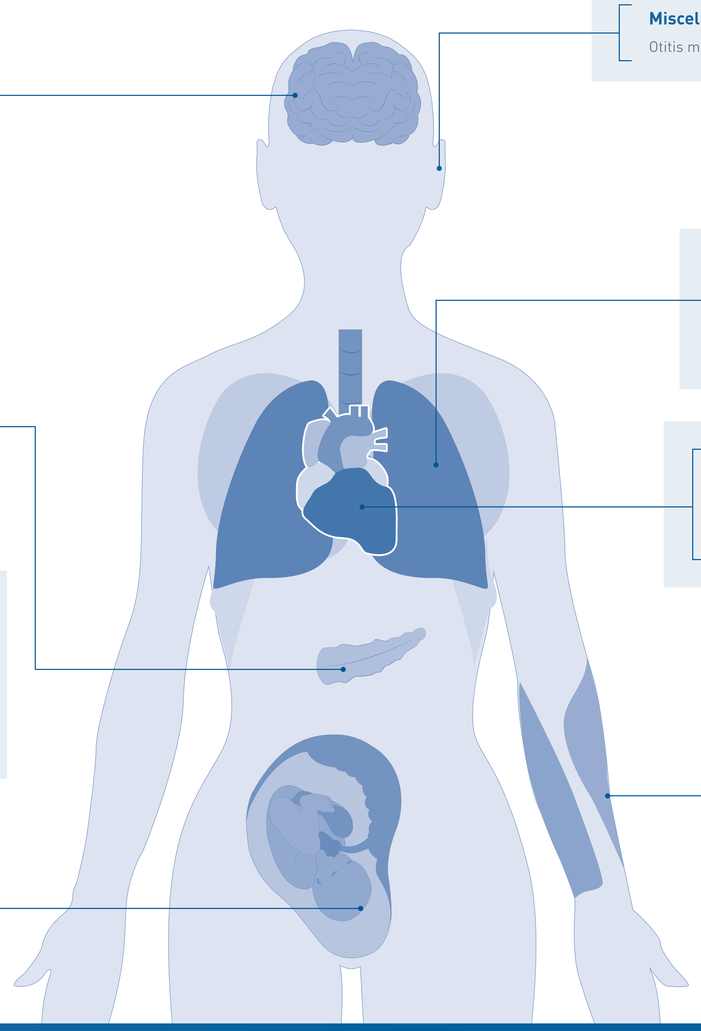
Complications due to influenza[1–2]

Influenza antivirals have been shown to **shorten the duration of influenza symptoms and reduce the risk of severe illness and death,** with the greatest benefit noted when antiviral treatment is administered within 48 hours of illness onset.[3]



Neurological

Febrile convulsions
Reye's syndrome
Meningitis/encephalitis
Transverse myelitis
Guillain-Barré syndrome

Miscellaneous

Otitis media

Respiratory

Croup
Sinusitis/bronchitis/pharyngitis
Pneumonia (viral or secondary bacterial)
Exacerbation of chronic lung disease

Metabolic

Type 1 diabetes*

Cardiac

Pericarditis
Myocarditis
Exacerbation of cardiovascular disease

Obstetrics

Increased maternal complications
Increased infant perinatal mortality
Increased risk of prematurity
Smaller neonatal size
Lower birth weight

Musculoskeletal

Myositis
Rhabdomyolysis

*In a nationwide cohort study of a Norwegian population, laboratory-confirmed influenza A (H1N1) was associated with a twofold higher risk of developing subsequent type 1 diabetes before the age of 30 years (adjusted HR: 2.26, 95% CI 1.51, 3.38).

References:
1. Ghebrehewet S et al. BMJ 2016; 355: i6258.
2. Ruiz PLD et al. Diabetologia 2018; 61: 1996–2004.
3. CDC. Influenza antiviral medications: summary for clinicians. Available at: https://www.cdc.gov/flu/professionals/antivirals/summary-clinicians.htm. Accessed July 2019.

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