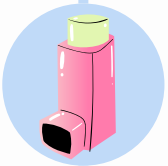


Treating Viral Infections in Older Adults

Antibiotics needed? Probably not.



Avoid fluoroquinolones in general, and especially for acute sinusitis and acute bronchitis: they cause serious side effects and likely won't help, as these illnesses are caused by viruses the majority of the time.



More than 80% of COPD exacerbations can be managed in the nursing home with an inhaler. Steroids may be considered. No antibiotics needed in most cases.



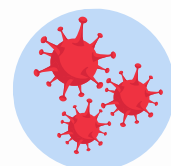
Antibiotics are never needed for the common cold.



Consider antibiotics for acute rhinosinusitis in patients with:

- symptoms for >10 days OR
- onset of severe symptoms OR
- high fever, purulent nasal discharge or facial pain 3+ days
- Onset of worsening symptoms following a viral illness that lasted 5 days that was improving.

COVID: Mortality increases with age



Test older adults with flu-like symptoms.

Nirmatrelvir and ritonavir is preferred treatment.

Initiate within 5 days of symptom onset.

Flu: A serious threat



Test older adults with flu-like symptoms or nonspecific general complaints.



Oseltamivir or baloxavir recommended for older adults. Consider prophylactic use during nursing home outbreaks.



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