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சுவசிரிபாய
SUWASIRIPAYA

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எனது இல) FHB/MCU/H1N1/2022
My No.)

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உமது இல)
Your No.)

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திகதி) .11.2023
Date)

සෞඛ්‍ය අමාත්‍යාංශය சுகாதார அமைச்சு Ministry of Health

All Provincial Directors of Health Services,
All Regional Directors of Health Services,
Heads of Institutions,

Prevention of Maternal Morbidity and Mortality due to Seasonal Influenza

An increasing number of seasonal influenza cases have been reported throughout the country. Pregnant women are more susceptible to severe illness from seasonal influenza. Risk of mortality is also high during pregnancy. Influenza, if not treated properly, will lead to serious maternal complications such as preterm birth, low birth weight and increased risk of hospitalization.

Considering the above facts, you are instructed to take proactive measures in institutions/areas under your purview to prevent morbidity and mortality due to influenza:

1. Field staff should educate pregnant women at antenatal clinics, antenatal sessions and during home visits about the risks of seasonal influenza (a fact sheet in Sinhala and Tamil is attached).
2. All pregnant women having flu like symptoms (cough and cold, rhinorrhoea, sore throat) with or without headache and myalgia should get admitted to a hospital with specialist care on DAY 1 of illness. They should be strictly advised not to seek treatment from General Practitioners or other first contact physicians.
3. Public Health Midwives should follow-up pregnant women with fever until they are admitted to a hospital.
4. When a pregnant woman with suspected influenza is admitted to a specialist hospital, oseltamivir should be started without waiting for laboratory confirmation. This antiviral drug is safe in all three trimesters.
5. Pregnant women with fever who refuse in-ward care due to various reasons, should be informed about the risks of fatal outcomes. Oseltamivir should be prescribed to them and followed up as per the circular No. FHB/MCS/Prev/18 dated 05.06.2018.
6. Adequate stocks of oseltamivir should be maintained in all specialist hospitals. Please contact the Epidemiological Unit regarding same.
7. You are advised to refer following communications sent earlier in this regard:
 - Guidelines on management of influenza infections during pregnancy – FHB/MCU/DGHS/2015 dated 25.05.2015

- Fever in pregnancy and postpartum period – FHB/EH/21/14 dated 10.06.2015
- Prevention of Maternal deaths due to seasonal influenza: prescribing oseltamivir for pregnant women who are unable to get admitted for inward care – FHB/MCS/Prev/18 dated 05.06.2018
- Prevention of maternal deaths due to H1N1 influenza – maintaining adequate oseltamivir stocks – FHB/MCS/Prev/18 dated 24.04.2018
- Prevention of maternal morbidity and mortality due to seasonal influenza and dengue infection during the current pandemic – FHB/MCU/COVID19_Temp/2020 dated 08.06.2020

You are advised to communicate the above instructions to all staff members who provide care for pregnant and postpartum women in your institution/area including the General Practitioners, and ensure that instructions are adhered to at all levels.


Dr. Asela Gunawardena
Director General of Health Services
Ministry of Health

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Copies:

1. Deputy Director General (Public Health Services) II
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3. Deputy Director General (Medical Services) I
4. Deputy Director General (Medical Services) II
5. Director (Maternal and Child Health)
6. Director (Medical Supplies Division)
7. Director (Medical Research Institute)
8. Chief Epidemiologist
9. Director (Health Promotion Bureau)
10. All Consultant Community Physicians - Provincial and District
11. All Medical Officers Maternal and Child Health
12. All Medical Officers of Health
13. President, Sri Lanka College of Obstetricians and Gynaecologists
14. President, College of General Practitioners, Sri Lanka
15. President, The College of Pulmonologists, Sri Lanka
16. President, Sri Lanka College of Microbiologists