

## **Understanding HMPV and its Prevention**

**Dear Parents,**

Amid growing concerns about Human Metapneumovirus (HMPV) in India and globally, we aim to provide you with important information about this virus and measures to prevent its spread.

HMPV is not new; it was first identified in 2001 in the Netherlands and has been present worldwide for many years. It is a respiratory virus that affects people of all ages, particularly the elderly, young children, and individuals with weakened immunity. The symptoms of HMPV are similar to other respiratory illnesses, such as cough, cold, fever, sore throat, and shortness of breath.

Being a seasonal virus, HMPV is typically found during winter and the onset of summer. Its incubation period ranges from 3 to 6 days, and the duration of illness may vary based on severity but is generally comparable to other respiratory viral infections.

To prevent the spread of HMPV and similar illnesses, the Department of Health and Family Welfare has issued the following guidelines:

### **Do's**

1. Wear a mask and cover your nose and mouth while coughing or sneezing.
2. Wash your hands frequently with soap and water or use a hand sanitizer.
3. Avoid crowded places and maintain a one-arm distance from others.
4. Stay hydrated, eat nutritious meals, and avoid junk food.
5. Get adequate sleep and focus on building strong immunity.
6. Ensure proper ventilation in living spaces.
7. If you experience respiratory symptoms, stay at home and limit contact with others.

### **Don'ts**

1. Avoid touching your eyes, nose, and face unnecessarily.
2. Do not share personal items such as towels, handkerchiefs, or utensils with an infected person.
3. Refrain from visiting public places if you have symptoms like cough, cold, or fever.
4. Avoid self-medication; seek medical advice if symptoms worsen.

**Stay calm and follow these guidelines to stay safe.**

From,

**Medical Department**

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