

# Human Metapneumovirus (HMPV)

## What is HMPV?

Human Metapneumovirus (HMPV) is a respiratory virus similar to RSV. It can cause mild to severe respiratory infections and is particularly important to understand in workplace settings where close contact is common.

## Symptoms of Human Metapneumovirus



**Runny or stuffy nose.**



**Cough.**



**Shortness of breath.**



**Sore throat.**



**Wheezing.**



**Fever.**



**Rash.**

## How Does It Spread?

- Through respiratory droplets when coughing or sneezing
- Close personal contact (handshakes, hugs)
- Touching contaminated surfaces then touching your face

## Who's at Higher Risk?

- Children under 5 years
- Adults over 65 years
- People with weakened immune systems
- Those with respiratory conditions (asthma, COPD)

## Possible Complications

- Bronchiolitis (inflammation of small airways)
- Pneumonia
- Worsening of existing respiratory conditions
- Ear infections

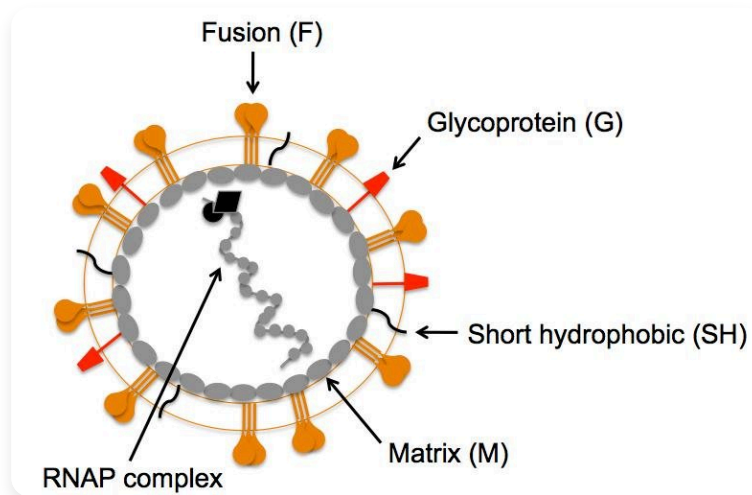
** Seek medical attention if you experience severe breathing difficulties or worsening symptoms!**



# Human Metapneumovirus (HMPV)

## 📄 What is HMPV?

Human Metapneumovirus (HMPV) is a respiratory virus that causes symptoms similar to a common cold. It's a virus that most people get exposed to during childhood, but can affect people of all ages.



Schematic representation of Human Metapneumovirus

## 😞 Common Symptoms

👤 Coughing

⇒ Wheezing

👃 Runny Nose

🗨️ Sore Throat

### ⚠️ High-Risk Groups

- Young children (under 5 years)
- Adults over 65 years
- People with weakened immune systems
- Individuals with breathing problems or COPD

### 📊 Key Statistics

- 10-12% of childhood respiratory illnesses are caused by HMPV
- 5-16% of children may develop lower respiratory tract infections
- Peak severity age: 6-12 months

**Remember:** "Prevention is better than cure!"

If you have any questions about HMPV or its prevention, please consult your healthcare provider.



# Human Metapneumovirus (HMPV) Prevention

## What is HMPV?

Human Metapneumovirus (HMPV) is a respiratory virus that can cause cold-like symptoms and respiratory infections. Understanding how to prevent its spread is crucial for workplace safety.

## Prevention Measures



### Hand Hygiene

Wash hands frequently with soap and water. Use alcohol-based sanitizer when soap isn't available.



### Proper Coverage

Cover your nose and mouth with your elbow when sneezing or coughing.



### Social Distance

Avoid close contact with sick individuals. Consider wearing a mask when sick.



### No Sharing

Don't share food or eating utensils with others to prevent transmission.



## Self-Care Guidelines

- ✓ Drink plenty of fluids to prevent dehydration
- ✓ Take OTC medications as needed (consult healthcare provider first)
- ✓ Rest adequately to support recovery
- ✓ Monitor symptoms and seek medical attention if they worsen

### Important Note for Parents

Never give medications to children without consulting their pediatrician first. Some adult medications are not safe for children.

**Recovery typically takes a few days to a week for mild cases. Severe cases may take longer.**

**Remember:** Prevention is better than cure! ✨

If you have any questions about HMPV prevention, please consult your supervisor or healthcare provider.