

Human Metapneumovirus (HMPV) Infection

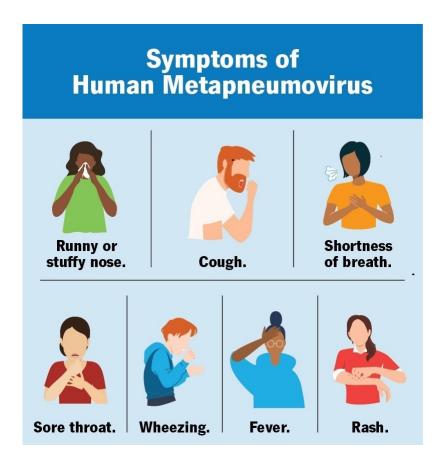
Why in News?

An outbreak of Human Metapneumovirus (HMPV) in China has raised alarm globally.

- **HMPV** It is a common <u>respiratory virus</u> that causes lower and upper respiratory infections (like a cold).
- It falls in the Pneumoviridae family along with RSV.

Pneumoviridae family includes respiratory syncytial virus (RSV), measles and mumps.

- **Seasonal disease** It usually *occurs in the winter and early spring*, similar to Respiratory Syncytial Virus (RSV) and the flu.
- **Risk factors** *All age groups*, especially among young children under the age of 14, older adults, & people with weakened immune systems.
 - Lung conditions such as <u>Asthma or Chronic Obstructive Pulmonary Disease</u> (<u>COPD</u>) should be extra cautious.
- Transmission Through bodily secretions from coughs, sneezes
- Close contact with an infected person such as shaking hands, hugging.
- Touching a doorknob or a phone or a keyboard that may be contaminated with the virus & then touching the mouth, nose or eyes.
- Incubation period 3 to 6 days.
- **Symptoms** Cough, runny or blocked nose, sore, throat, fever and wheezing which progress to *bronchitis or pneumonia*.



- **Treatment** There is *currently no vaccine*, and antiviral treatment is not recommended.
- Precautions Wash hands often with soap and water for at least 20 seconds.

India hadn't registered any unusual spike in winter respiratory diseases.

Reference

The Hindu| Rise of Human Metapneumovirus (HMPV) in China

