

## Human Metapneumovirus (HMPV) Infection

### Why in News?

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

- **HMPV** - It is a common respiratory virus 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 Asthma or Chronic Obstructive Pulmonary Disease (COPD) 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.

## Symptoms of Human Metapneumovirus



**Runny or stuffy nose.**



**Cough.**



**Shortness of breath.**



**Sore throat.**



**Wheezing.**



**Fever.**



**Rash.**

- **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](#)



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