

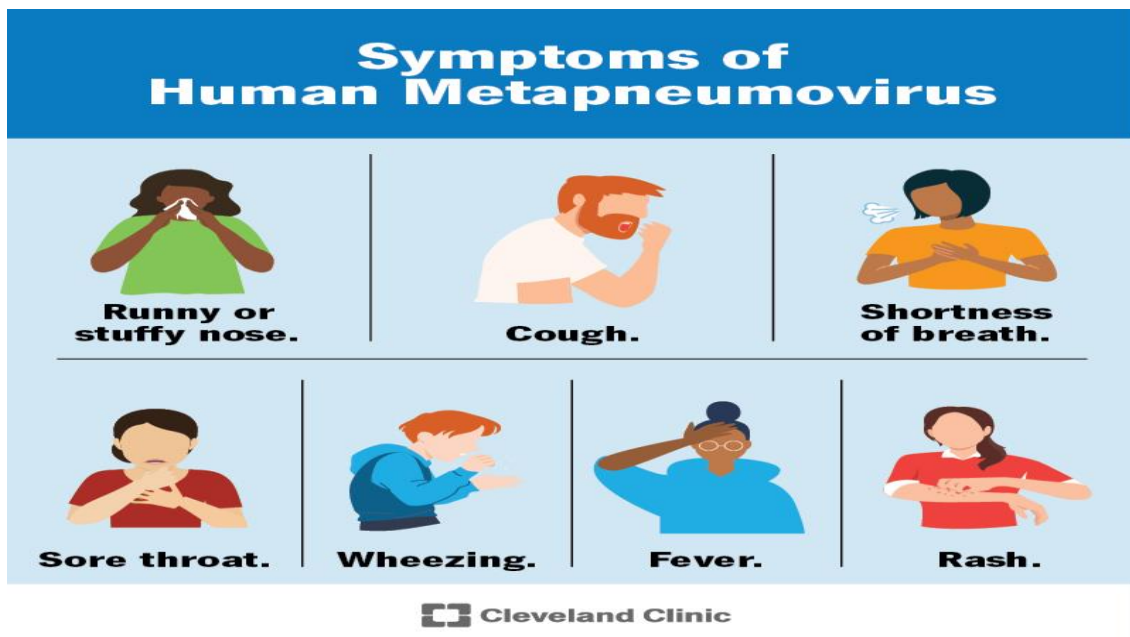
# UNIVERSITY OF EMBU

## DEPARTMENT OF HEALTH SERVICES

### Human Metapneumovirus (HMPV)

Human Metapneumovirus is a common respiratory virus that can cause illnesses ranging from mild cold-like symptoms to severe respiratory infections. It primarily affects infants, young children, older adults, and individuals with weakened immune systems.

#### Signs & Symptoms:



#### Mode of Transmission:

Spread through respiratory droplets, direct contact with contaminated surfaces or close contact with infected individuals.

### **Risk Groups/Population:**

- Children under 5 years.
- Elderly individuals.
- People with compromised immune systems.
- Those with underlying lung or heart conditions.

### **Diagnosis:**

Usually identified through nasal or throat swabs and specialized lab tests.

### **Treatment:**

No specific antiviral treatment; management focuses on relieving symptoms, such as hydration, fever reducers, and oxygen therapy in severe cases.

### **Prevention:**

#### 1. Practice Good Hygiene:

Wash your hands frequently with soap and water for at least 20 seconds.

Use alcohol-based hand sanitizer if soap isn't available.

#### 2. Avoid Close Contact:

Stay away from people who are sick.

If you're unwell, avoid close contact with others to prevent spreading the virus.

#### 3. Cover Your Coughs and Sneezes:

Use a tissue or your elbow, not your hands. Dispose of tissues immediately.

#### 4. Disinfect Surfaces:

Regularly clean and disinfect surfaces that are frequently touched, like doorknobs, phones, and toys.

#### 5. Boost Your Immunity:

Maintain a healthy diet, exercise regularly, and get adequate sleep to strengthen your immune system.

#### 6. Seek Medical Attention if Needed:

Watch for symptoms like persistent fever, difficulty breathing, or wheezing. Early care can prevent complications.

**NOTE: The high number of hMPV cases identified in China is currently not deemed out of the ordinary but in line with what is expected during the winter season.**

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