

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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