

ORGANIZATION OF AWARENESS PROGRAMME ON HUMAN METAPNEUMOVIRUS TRANSMISSION (HMPV)

AN AWARENESS PROGRAMME ON HMPV TRANSMISSION WAS ORGANIZED AT ESICMH RAMDARBAR CHANDIGARH. THE IPs/IW WERE MADE AWARE ON PREVENTION OF TRANSMISSION OF THE VIRUS WITH SIMPLE MEASURES SUCH AS WASHING HANDS OFTEN WITH SOAP AND WATER, AVOID TOUCHING THEIR EYES, NOSE OR MOUTH WITH UNWASHED HANDS, AVOID CLOSE CONTACT WITH PEOPLE WHO ARE EXHIBITING SYMPTOMS OF THE DISEASE, COVER MOUTH AND NOSE WHEN COUGHING AND SNEEZING, DRINK LOTS OF WATER AND EAT HEALTHY FOOD. THE POSTERS WERE DISPLAYED TO SPREAD INFORMATION AMONG MASSES.



हूमन मेटान्यूमोवायरस


(HMPV) का किन्हें अधिक खतरा?

CDC के अनुसार, 5 वर्ष से कम उम्र के बच्चे, शिशु, वृद्ध और विशेषकर 65 वर्ष से अधिक आयु के लोग, कमजोर इम्यूनिटी वाले लोग, अस्थमा या सीओपीडी जैसी श्वसन समस्याओं वाले व्यक्तियों को इसका अधिक जोखिम है।










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LET'S BE PREPARED FOR HMPV



Symptoms of Human Metapneumovirus

| | | | |
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|  Runny or stuffy nose. |  Cough. |  Shortness of breath. | |
|  Sore throat. |  Wheezing. |  Fever. |  Rash. |

Transmission

- Occurs by respiratory droplets expelled when an infected person coughs/ sneezes
- Touching contaminated surfaces
- Direct contact with infectious secretions from mouth, nose or eyes
- Close contact with infected people

Treatment

There is no specific Anti-viral therapy for HMPV infection. Management is majorly supportive. With a focus on symptom relief. It may require to reduce congestion, use of pain relief medicines Antipyretics, humidified air or saline nasal drops.

Management and Prevention

Hand Hygiene

(Wash your hands frequently with soap and use sanitizers)

Social Distancing

(Avoid crowded areas & keep a safe distance from those who have flu like symptoms)

Please Wear a Mask

Get more sleep

Drink lots of Water and Eat Healthy Food

बचाव के उपाय से एक भी व्यक्ति ना चूके
मास्क उतरा, यानी सुरक्षा से समझौता!



M - मेरा

A - आपका

S - सुरक्षा

K - कवच