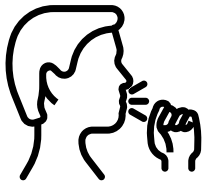


Human Metapneumovirus (HMPV)

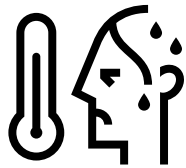
Can cause respiratory disease in people of all ages, especially among young children, older adults, and people with weak immune systems.

Symptoms

Cough



Fever



Nasal Congestion



Shortness of Breath



How It Spreads

- Droplets from coughing and sneezing.
- Close contact, such as touching or shaking hands.
- Touching objects or surfaces that have viruses on them and then touching your mouth, nose, or eyes.

Prevention

- Wash hands often with soap and water for at least 20 seconds.
- Avoid touching eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose when coughing and sneezing.
- Avoid sharing cups, utensils and kissing others.
- Stay at home when you are sick.
- As an added measure, consider wearing a mask to help prevent the spread of germs when around others.

Treatment

- Although there is not a vaccine or medicine for HMPV, visit your health care provider for supportive care if symptoms are not getting better at home.

For more information visit: shorturl.at/zzota

