

HMPV IS A COMMON RESPIRATORY VIRUS.

Human metapneumovirus (HMPV) is a viral illness that spreads easily and affects your respiratory system (lungs, nose, airway). It can make anyone sick, but is more serious in young children, older people, and those with chronic lung or heart problems.

SYMPTOMS OF HMPV ARE USUALLY MILD BUT CAN CAUSE BRONCHITIS OR PNEUMONIA.

Common symptoms are:

- Cough
- Fever
- Stuffy nose
- Trouble breathing
- Vomiting/nausea/diarrhea

HMPV can cause bronchitis or pneumonia. You might get sick three to six days after exposure. Most people feel better within seven to 10 days. The duration of illness varies based on the severity. Not everyone gets all these symptoms or a fever.

THERE ARE NO SPECIFIC MEDICATIONS FOR HMPV.

Most people will recover on their own. You can ease your symptoms by taking pain or fever-lowering medications, fluids, and resting. **Note:** never give aspirin to children, as it can cause serious complications. Give acetaminophen (trade name: Tylenol) or ibuprofen (trade name: Advil) instead.

Contact your health care provider if symptoms are severe, do not get better after 10 days, or if you are worried.

HMPV SPREADS THROUGH CLOSE CONTACT WITH ILL PERSONS OR THINGS THEY TOUCHED.

HMPV usually circulates from winter to spring and sometimes summer. It can spread at the same time as respiratory syncytial virus (RSV) and influenza. Doctors may not always check for HMPV, so they should consider testing in winter and spring if other respiratory illnesses are ruled out.

NO SHOT CAN STOP HMPV.

To avoid getting sick or spreading disease:

- Wash hands often (or use sanitizer).
- Stay away from sick people.
- Clean things you touch a lot.
- Cover your mouth and nose when you cough or sneeze.
- Stay home if you're sick.