



भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग

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To, All Registrars of State / UTs ISM Councils

Greetings from Board of Ethics and Registration, NCISM

Human Metapneumovirus (HMPV):

(*An article note to enhance IEC and awareness among the ISM practitioners)

There have been media reports of some Human Metapneumovirus (HMPV) cases detected in Karnataka. The Indian Council of Medical Research (ICMR) has detected two cases of HMPV in Karnataka. Both cases were identified through routine surveillance for multiple respiratory viral pathogens, as a part of ICMR's ongoing efforts to monitor respiratory illness across the country.

The Govt. of India, MoH&FW, emphasized that there is no cause of concern for the public from HMPV which has been presents globally since 2001. All states have been advised to strengthen ILI/SARI (Influenza Like Illness / Svere Acute Respiratory Infections) surveillance. Ministry reiterated that an increase in respiratory illnesses is usually seen during the winter months and also stated that the country is well prepared for any potential surge in respiratory illness cases.

What is Human Metapneumovirus (HMPV):

It is one of the many respiratory viruses that can cause infections in people of all ages particularly during the winter and early spring months. The virus infection is usually a mild and self-limiting condition and most cases recover on their own.

Symptoms: Cough, fever, nasal congestion, and shortness of breath

Investigation: It was informed that adequate diagnostic facilities are available with the ICMR-VRDL laboratories.

Treatment: There is no specific antiviral treatment, but most cases recover on their own.

Prevention: Wash hands often with soap and water, avoid touching your eyes, nose, or mouth with unwashed hands, and avoid close contact with people who are sick.

Who is at risk: Elderly people, those with asthma or COPD, those with chronic lung disease or heart disease, those with uncontrolled diabetes, and those undergoing treatment for cancer.

DOS:

- Cover your mouth and nose with handkerchief or tissue paper, when you cough or sneeze.
- Wash your hands often with soap and water or alcohol-based sanitizer.
- Avoid crowded places.
- Stay away from public places if you have fever, cough and sneezing.
- Adequate ventilation with outdoor air is recommended in all setting to reduce the transmission.
- Stay at home and limit contact with others if you are sick.
- Drink plenty of water and eat nutritious food.

DONTS:

- Reuse of tissue paper & hand kerchief.
- Close contact with sick people, sharing of towels, linen etc.
- Frequent touching of eyes, nose and mouth.
- Spitting in public places.
- Self-medication without consulting the physician.

Note: Further it is advised to all ISM Practitioners to enhance IEC and awareness among the population regarding prevention of transmission of the virus. (As it is stated by MoH&FW, GOI)

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