



Human Metapneumovirus (hMPV)

What is Human Metapneumovirus?

- A virus that causes influenza-like illness in people of all ages. It may cause more serious illness in infants, children, the elderly, and people with weak immune systems.
- It is one of the leading causes of upper respiratory tract infections in young children.

Human Metapneumovirus is spread by:

- Droplets in the air when an infected person coughs or sneezes.
- Direct contact with secretions from the nose or throat (ie: dirty tissues)
- A person is contagious for 1 to 2 weeks after they develop symptoms.

What are the signs and symptoms of Human Metapneumovirus?

- Fever, runny nose, and cough
- In more serious cases, high fever, breathing problems, coughing, wheezing, pneumonia, bronchiolitis, croup, asthma attacks, and ear infections can occur.

How long does it take to get sick?

- Most people get sick 3 to 5 days after they are exposed to human metapneumovirus.

How is Human Metapneumovirus prevented?

- Wash your hands often and thoroughly.
- Use hand sanitizer if you cannot wash your hands
- Cough into your sleeve or a tissue and then throw it away
- Stay home and away from others if you are feeling sick
- Clean surfaces that are touched often (ie: doorknobs, children's toys)
- Do not visit family members or friends at a hospital or health care facility if you have a cold or a fever

How is Human Metapneumovirus treated?

- Medications to reduce fever, control coughing, and treat runny nose can be taken for mild cases
- Hospitalization might be needed for serious cases

What if I have Human Metapneumovirus?

Healthcare workers may not return to work until after their acute symptoms have resolved or as directed by the MHO or OH&S.

For more information contact:

- Provincial Health Information Line **811**
 - Population and Public Health **306-655-4612**
 - Germ Smart www.germsmart.ca
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