



**GOVERNMENT OF TELANGANA
OFFICE OF THE DIRECTOR OF PUBLIC HEALTH AND FAMILY WELFARE**

Date: 04 / 01 / 2025

Press note

There are news about a Human metapneumovirus (hMPV) outbreak in China in various electronic & print media platforms. The DGHS and Director NCDC, MoH&FW, GOI issued a statement on 03/01/2025 that Metapneumovirus (hMPV) is like any other respiratory virus which causes a common cold and flu-like symptoms during winter season, especially among younger & older age groups.

So far, no case of Human metapneumovirus (hMPV) is reported in Telangana

The Health Department has analysed the data of prevailing respiratory infections within the state. There is no substantial increase in December 2024 compared to 2023.

As a part of precautionary measure, the Health Department urges citizens to follow certain Do's & Don'ts as a safe guard against respiratory infections.

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 at more than an arm's length from persons affected with flu.
- Stay away from public places if you have fever, cough and sneezing.
- Drink plenty of water and eat nutritious food.
- Adequate ventilation with outdoor air is recommended in all settings to reduce the transmission
- Stay at home and limit contact with others if you are sick
- Sleep well

DON'Ts

- Shaking hands
- Reuse of tissue paper & handkerchief
- Close contact with sick people
- Frequent touching of eyes, nose & mouth
- Spitting in public places
- Taking medicines (self-medication) without consulting the physician.

There is no cause for alarm regarding Human Metapneumovirus (hMPV) reports from China and the state Health Department is monitoring the situation closely in coordination with Director NCDC, MoH&FW, GOI New Delhi.

Sd/-
Dr.B.Ravinder Nayak
Director of Public Health & Family Welfare; Telangana