



JINDAL VIDYA MANDIR, VIDYANAGAR

HMPV Awareness & Prevention

Cir: JVM/VDN 2024-25/Students/306

7 Jan, 2025

"Health is a state of complete physical, mental, and social well-being, not merely the absence of disease." – WHO

Dear Students & Parents,

Greetings of the day!

Subject: Awareness and Precautionary Measures for HMPV Virus

In line with the recent advisory released by Government of Karnataka, this circular is intended to create awareness and promote precautionary measures against the Human Metapneumovirus (HMPV). There is no need for panic, this initiative is purely to ensure the well-being of our school community through awareness and prevention.

About HMPV Virus

The Human Metapneumovirus (HMPV) is a respiratory virus that primarily affects young children, the elderly, and individuals with weakened immune systems.

Chances of transmission of this virus through:

- i) Respiratory droplets from coughing or sneezing.
- ii) Direct contact with infected individuals.
- iii) Touching contaminated surfaces and then touching the face.

Symptoms of HMPV:

- a) Fever
- b) Cough
- c) Shortness of breath
- d) Nasal congestion
- e) Sore throat
- f) Fatigue

Do's and Don'ts

Do's:

1. Maintain Hygiene:

Wash hands regularly with soap and water for at least 20 seconds.

Use hand sanitizers with at least 60% alcohol when soap is unavailable.

2. Wear Masks:

Use face masks, especially in crowded or poorly ventilated areas.

3. Boost Immunity:

Eat a balanced diet rich in fruits, vegetables, and proteins.

Stay hydrated and get adequate sleep.

4. Disinfect Surfaces:

Clean frequently touched surfaces such as door handles, desks, and gadgets.

5. Monitor Symptoms:

Seek medical attention if symptoms like persistent fever, severe cough, or difficulty breathing develop.

Don'ts:

1. Avoid Crowded Places:

Stay away from large gatherings or poorly ventilated areas.

2. Do Not Share Personal Items:

Avoid sharing water bottles, towels, or utensils with others.

3. Avoid Close Contact with Sick Individuals:

Maintain a safe distance from people exhibiting symptoms of respiratory illness.

4. Do Not Ignore Symptoms:

Avoid self-medication and consult a doctor immediately if symptoms worsen.

Precautions for Parents and Students:

- # Ensure children carry hand sanitizers and use them regularly.
- # Encourage children to wear masks during school hours and while traveling.
- # Keep children home if they show any symptoms of illness.
- # Maintain proper ventilation at home and ensure children get fresh air and sunlight daily.

Let us work together to safeguard the health of our children and the school community. For any further information or assistance, please contact the Health and Safety Department or school Administration.

Below we are attaching the image of the Press Release from Government of Karnataka (Department of Health and Family Welfare Services) for your reference

Regards,



Ishwari K Sharma
Principal cum AC cluster Head
JVM, Vijayanagar