

Let's Talk About...

Metapneumovirus (hMPV)

What is metapneumovirus?

Human metapneumovirus (met-ah-NEW-mow vie-rus), or hMPV, is a virus that causes respiratory infections. It can cause a common cold, pneumonia, or bronchiolitis.

What are the symptoms of human metapneumovirus?

Most children with hMPV have a mild cold. They might have a cough, runny or stuffy nose, sore throat, and fever.

Some children are sicker and can have some of these problems:

- Wheezing
- Very fast breathing
- Trouble breathing
- Vomiting
- High fever
- Diarrhea
- Severe cough

Metapneumovirus is more serious in children one year old or younger and in elderly people who cannot fight infections.

How is human metapneumovirus diagnosed?

Your child's healthcare provider will get a small amount of secretions (snot) from your child's nose. Then the provider will send the sample to be tested for the virus.

How do people get human metapneumovirus?

Children and adults can get hMPV by being near a person who has hMPV. Sharing drinking cups or toys can also spread the virus.

What can I do to help my child?

It is important for your child to get enough liquids. Encourage your child to drink often. You can give your child medicine to treat a fever. Some children who are sicker may need oxygen.

What happens if my child is admitted to the hospital?

If your child is admitted to the hospital, they may need an IV (a small tube placed into a vein) to help them get enough liquids. They may also need oxygen, usually with a nasal cannula (a small tube under your child's nose).

Your child may need to have secretions (snot) sucked out of their nose. This is done with a small tube (catheter) put into the nose every once in a while. This clears out secretions and can help your child breathe better.

Why is my child in droplet precautions?

Healthcare workers have close contact with your child and can be exposed to the virus. They will wear a mask, gloves, and a yellow gown when they come in your child's room. Most children only need droplet precautions for a few days. Your child's healthcare provider will let you know when the precautions can be stopped.



When can my child go home?

Your child can go home once they:

- Drink enough liquids
- Have a decreased need for oxygen
- Do not need suctioning with a catheter
- Meet any other requirement from your child’s healthcare provider

Your child may need to have oxygen at home as well. Their healthcare provider will give you more instructions if needed.

How can I prevent my child from getting human metapneumovirus?

- Wash your and your child’s hands often with soap and water, or use hand sanitizer.
- Keep your child away from people who are sick.
- Keep your child away from large gatherings during the winter season.
- Cough into a tissue or into your elbow so you don’t spread germs to your child when you are sick.

What if I have more questions?

If you have more questions about human metapneumovirus, contact your child’s healthcare provider.

Notes

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