## ORGANIZATION OF AWARENESS PROGRAMME ON HUMAN METAPNEUMOVIRUS TRANSMISSION (HMPV)

AN AWARENESS PROGRAMME ON HMPV TRANSMISSION WAS ORGANIZED AT ESICMH RAMDARBAR CHANDIGARH.THE IPS/IW WERE MADE AWARE ON PREVENTION OF TRANSMISSION OF THE VIRUS WITH SIMPLE MEASURES SUCH AS WASHING HANDS OFTEN WITH SOAP AND WATER, AVOID TOUCHING THEIR EYES, NOSE OR MOUTH WITH UNWASHED HANDS, AVOID CLOSE CONTACT WITH PEOPLE WHO ARE EXHIBITING SYMPTOMS OF THE DISEASE, COVER MOUTH AND NOSE WHEN COUGHING AND SNEEZING, DRINK LOTS OF WATER AND EAT HEALTHY FOOD. THE POSTERS WERE DISPLAYED TO SPREAD INFORMATION AMONG MASSES.



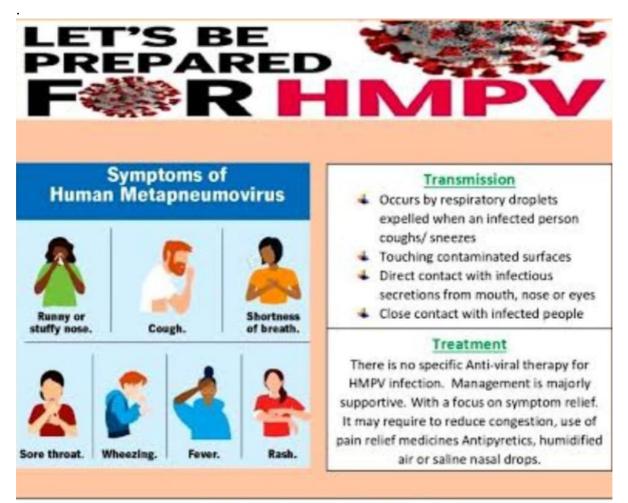
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## ह्यूसन सेटान्यूसोवायरस (HMPV) का किन्हें अधिक खतरा?

CDC के अनुसार, 5 वर्ष से कम उम्र के बच्चे, शिशु, वृद्ध और विशेषकर 65 वर्ष से अधिक आयु के लोग, कमजोर इम्यूनिटी वाले लोग, अस्थमा या सीओपीडी जैसी श्वसन समस्याओं वाले व्यक्तियों को इसका अधिक जोखिम है.



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## Management and Prevention

Hand Hygiene (Wash your hands frequently with soap and use sanitizers)

Social Distancing

(Avoid crowded areas & keep a safe distance from those who have flu like symptoms)

Please Wear a Mask

Get more sleep

Drink lots of Water and Eat Healthy Food





