



UNIVERSITY OF HYDERABAD

Office of the Registrar  
Establishment Section-II

Ref. No. UH/Estt.-II/2025/2786

Dt. 07.01.2025

**HEALTH ADVISORY**

Sub. : Human metapneumovirus (hMPV) – Precautionary measures to safeguard against respiratory infections – Reg.

Ref. : 1. Press Note dated 04.01.2025 of the Office of the Director of Public Health and Family Welfare, Government of Telangana  
2. Vice-Chancellor's order dated 07.01.2025

In view of the news about a Human metapneumovirus (hMPV) outbreak in China, the DGHS and Director, NCDC, Ministry of Health & Family Welfare, Government of India, have issued a Press Note that Human metapneumovirus (hMPV) is like any other respiratory virus which causes a common cold and flu-like symptoms during winter season, especially among younger and older age groups.

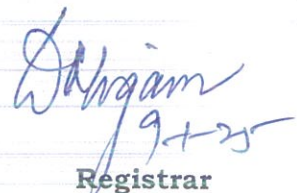
As urged by the Health Department as a part of Precautionary measure, all the Faculty, Non-Teaching Staff and the Students of the University are advised to follow certain Dos and Don'ts, as a safe guard against respiratory infections:

**DOs:**

- > Cover your mouth and nose with handkerchief or tissue paper, when you cough and 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 and handkerchief
- > Close contact with sick people
- > Frequent touching of eyes, nose & mouth
- > Spitting in public places
- > Taking medicines (self-medication) without consulting the physician.

  
Registrar

To

- 1) All the Concerned
- 2) Chief Medical Office & In-charge, Health Centre
- 3) Web Master – with a request to upload the same in the University Website.