



# FACTS ABOUT NIPAH VIRUS DISEASE

## WHAT IS NIPAH VIRUS DISEASE?

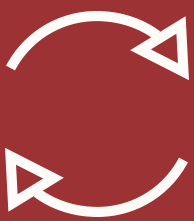
Nipah Virus (NiV) is an RNA virus belonging to the Paramyxoviridae family, first identified in 1998. It is transmitted from animals to humans. Fruit bat is its natural host. NiV can cause severe disease in humans and other animals especially pigs.



## HOW IS IT TRANSMITTED TO HUMANS?

Following modes of transmission have been identified till date-

- Bat to human transmission
- Animal (especially pigs) to human
- Human to human



Direct contact with sick animals and their contaminated tissues is the most common mode of transmission. All body fluids like saliva, respiratory secretions, urine etc. can transmit the virus. Fruits and fruit—products (especially date palm) contaminated with saliva and urine of infected bat has been identified as most likely source of infection in past outbreaks.

## SIGNS AND SYMPTOMS OF NIV DISEASE

Incubation period is typically 4-14 days. However, cases with incubation period of up to 45 days have been reported.

NiV infections can range from asymptomatic course, mild-severe respiratory infection to fatal encephalitis (Affecting brain parenchyma). Signs and symptoms are as follow-

Fever  
Body-ache  
Headache  
Flu like symptoms  
Sore throat

Altered sensorium (confusion, irrelevant talking, altered level of consciousness)  
Severe cough  
Breathlessness

Vomiting  
Dizziness  
Drowsiness



## DIAGNOSIS



Initial signs and symptoms are non-specific. Diagnosis only based on signs and symptoms is challenging. Laboratory tests are confirmatory. These are-

- ELISA
- PCR assay
- Virus isolation in cell culture

## TREATMENT

Currently, only supportive treatment depending upon severity is available for NiV disease. Severe cases need intensive care. Mild infections only need symptomatic treatment.



## PREVENTION

**Vaccine :** Currently, no vaccine is available against NiV. Personal protection is the best way of prevention.



### Do's

- Maintain personal hygiene
- Practice hand washing
- Wash fruits and vegetables thoroughly before eating
- Use protective gears while in contact with susceptible animals/animal-tissues
- Consult your doctor at the earliest if above mentioned signs and symptoms appear
- Standard infection control protocols should be implemented in healthcare settings
- Do not panic



### Don'ts

- Avoid rumourmongering
- Avoid self-medication
- Avoid eating raw fruits and vegetables
- Avoid contacts with pigs and other susceptible animals
- Don't handle animal tissues and waste unprotected