



UK Health  
Security  
Agency

## Nipah virus infection: information sheet for category 1 contacts

You have been given this information sheet because you may have been near someone who has Nipah virus infection. Your contact with someone with Nipah virus has been assessed as very low risk, so it is very unlikely that you have caught Nipah virus, and you can continue your usual activities. However, as a precaution, if you feel unwell with a fever (temperature of 37.5°C or higher) or other symptoms of Nipah virus within 21 days of your last possible exposure to Nipah virus, call NHS 111 and tell them that you have been in possible contact with Nipah virus and that you have been given a category 1 information sheet.

### About Nipah virus infection

Nipah virus infection is a rare but serious infection caused by Nipah virus. The virus was first detected in 1998 and is named after the village where it was first detected. Outbreaks and sporadic cases have been previously reported from various parts of Asia including Malaysia, India and Bangladesh.

### How is Nipah virus spread?

Nipah virus can spread through close and direct contact with someone who is ill with the infection, or with their body fluids (such as saliva, blood or urine). It can also be spread through the air when someone coughs or sneezes or by touching contaminated objects and surfaces (fomites).

Nipah virus does not spread very easily between people and is not spread through normal social contact like shaking hands or sitting near someone who is well.

It can take between 4 and 21 days from contact with someone who has Nipah virus for symptoms to develop.

# Symptoms of Nipah virus infection

Symptoms of Nipah virus infection typically start with sudden flu-like symptoms including:

- fever (temperature of 37.5°C or higher)
- vomiting
- general exhaustion
- headache
- muscle aches
- coughing
- sneezing
- runny nose
- sore throats

Some individuals may experience neurological (nervous system) symptoms including:

- sensitivity to light or sound
- neck stiffness
- seizures
- reduced conscious levels (for example drowsiness)

# Preventing and treating Nipah virus infection

There is currently no licensed vaccine for Nipah virus. To avoid Nipah virus spreading between people, those caring for individuals with possible or suspected Nipah virus infection should avoid contact with the patient's body fluids and should wear personal protective equipment (PPE).

Treatment for Nipah virus infection is with supportive care, including balancing fluids and electrolytes, maintaining a person's oxygen status and blood pressure, and treating any co-infections.

# Your risk of developing Nipah virus infection

You are not considered to be at risk of having caught Nipah virus infection. This is because although you have had contact with someone known to have Nipah virus infection, their body fluids, or potentially infectious materials, you have not:

- been in close (less than 2 metres) or direct contact with someone known to have Nipah virus infection without appropriate PPE, while they had symptoms

- been in direct contact with the body fluids (or items contaminated with body fluids, such as bedding) from someone known to have Nipah virus infection while they had symptoms, without appropriate PPE
- been in direct contact with the body of someone who died who was known to have Nipah virus infection, without appropriate PPE

Your family and household contacts are not at risk of catching Nipah virus from you. There are no restrictions on your activities, and there are no monitoring or reporting requirements.

## What to do if you feel unwell

It is very unlikely that you have caught Nipah virus. However, if you feel unwell with any of the symptoms of Nipah virus infection listed above within 21 days of your contact with Nipah virus, **stay at home**.

Take your temperature if you have a thermometer available. It is important to take your temperature before you take any medicines such as paracetamol, ibuprofen or aspirin, as these can reduce your temperature.

After taking your temperature, call NHS 111 and tell them that you have had possible contact with Nipah virus. Let them know if your temperature is 37.5°C or higher. They will arrange for you to be assessed by an appropriate clinician.

In an emergency, you should call 999 and tell them about your symptoms and that you have had possible contact with Nipah virus.

## More information

More information about Nipah can be found on the [UK Health Security Agency website](#) and the [World Health Organization website](#).