Cytomegalovirus - CMV

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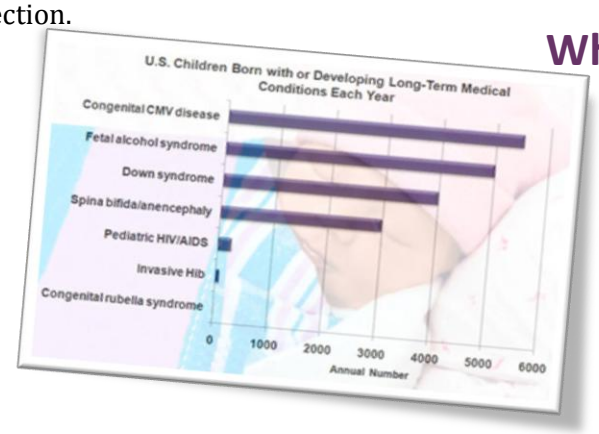
What is CMV?

- Cytomegalovirus (sy toe MEG a low vy rus), or CMV, is a common virus that affects people of all ages.
- Most CMV infections are "silent", meaning most people who are infected with CMV have no signs or symptoms. Others may feel like they have the flu.
- When CMV infection occurs during a woman's pregnancy, the baby can become infected before birth. CMV infection before birth is known as **"Congenital CMV".**
- About 1 of every 5 children born with Congenital CMV infection will develop permanent problems due to the infection.

Congenital CMV is the leading non-genetic cause of childhood hearing loss.



Why should I be concerned about CMV?

Congenital CMV infection causes more long-term problems and childhood deaths than Down syndrome, fetal alcohol syndrome, and neural tube defects.

What can I do to **prevent** CMV?

If you're pregnant or planning a pregnancy, the best way to protect your baby from CMV is to protect yourself.

- **Wash your hands often with soap and water for 15-20 seconds**, especially after
  - changing diapers
  - feeding a young child
  - wiping a young child's nose or drool
  - handling children's toys
- Don't share food, drinks, eating utensils, or a toothbrush with a child.
- Do not put a child's pacifier in your mouth.
- Do not share a toothbrush with a young child
- Use soap and water or a disinfectant to clean toys, countertops, and other surfaces that may have a child's saliva or urine on them.
- Avoid contact with a child's saliva when kissing or snuggling.

Permanent health problems or disabilities due to congenital CMV include:

- Hearing loss
- Vision loss
- Developmental disability
- Small head size
- Lack of coordination
- Seizures

What happens if a **pregnant** woman contracts CMV?

- For pregnant women, one of the most common ways they are exposed to CMV is by contact with saliva or urine of children who recently had the virus.
- When infected with CMV, most women do not know it, but some may have symptoms resembling mononucleosis or influenza.
- About 40 of every 100 women who become infected with CMV for the first time during a pregnancy will pass the infection to their infant.

Am I at **risk** for CMV?

- The risk of getting CMV through casual contact is very small.
- Persons who work closely with children in settings such as child care facilities, can greatly reduce their risk by following the prevention guidelines on page one.

Where can I go for more information?

- **If you have concerns about CMV infection or are pregnant or planning a pregnancy, talk with your healthcare provider.**
- www.MotherToBabyUT.org or (800) 822-2229
- www.cdc.gov/cmv/
- Utah Early Hearing Detection and Intervention at (801) 584-8215