

Cytomegalovirus - CMV

H.B. 81 (2013) Public Health Initiative in conjunction with the Utah Department of Health

What is CMV?

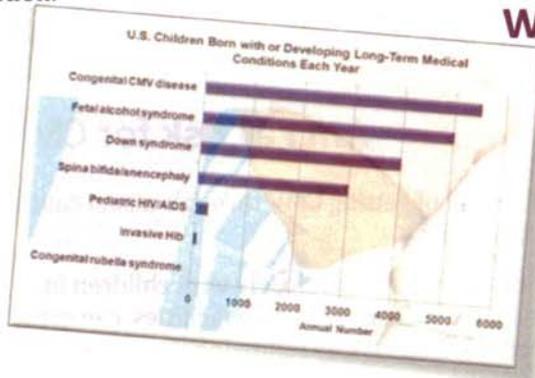
- Cytomegalovirus (sy toe MEG a low vy rus), or CMV, is a common virus that affects people of all ages.
- Most CMV infections are “silent”, meaning most people who are infected with CMV have no signs or symptoms. Others may feel like they have the flu.
- When CMV infection occurs during a woman’s pregnancy, 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, or eating utensils 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.