

CMV & Pregnancy

A common virus worth knowing about

- Cytomegalovirus (CMV) is a common virus that most people will have at some point in their lives, often without knowing it.
- If someone becomes infected with CMV during pregnancy, the virus can sometimes be passed to their developing baby.
- When CMV is passed from mother to baby during pregnancy, it is called congenital CMV (cCMV).

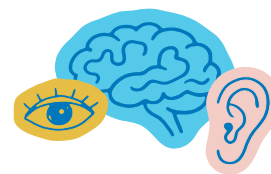
Why CMV matters



Up to 1 in 200 babies is born with congenital CMV.



1 in 5 babies with congenital CMV will have birth defects or other long-term health problems.



Congenital CMV can affect a child's **hearing, vision and development**. Some effects, like hearing loss, may develop later.

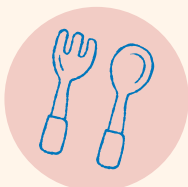
Small habits can help reduce your risk

CMV can affect anyone, but contact with the saliva and urine of young children is a common source of exposure.



Wash your hands well.

After changing diapers, helping with toileting or wiping noses.



Don't share food, drinks or utensils.

Use your own cups and utensils.



Keep pacifiers out of your mouth.

Clean them with soap and water instead.



Choose kisses away from the mouth.

Kiss the forehead or head, or give a hug.



Clean frequently touched items and surfaces.

Especially those that may have saliva or urine on them.

Pregnant or planning a pregnancy?

Learning about CMV is an important first step.

Talk to your healthcare provider about CMV and ways to reduce your risk.



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