



CYTOMEGALOVIRUS (CMV) & PREGNANCY

CMV is a virus spread through urine, saliva, blood, mucus, and tears. CMV often goes undetected with few or no symptoms. Healthy babies and young children most often contract CMV from their peers and pass the virus to a pregnant woman.

CMV is a very common childhood virus, affecting 70% of healthy children between ages 1 to 3 years. Screening of children for CMV infection is not recommended and infected children should not be excluded from school or other settings, according to the recommendations from the Centers for Disease Control and Prevention (CDC).

If you are exposed to young children while pregnant, take precautions.

TIPS TO PROTECT YOURSELF & YOUR UNBORN CHILD

- Wash your hands often with soap and water for 15-20 seconds, especially after changing diapers, feeding a young child, wiping a child's nose or drool, and handling children's toys
- Do not share food, drinks, or eating utensils with young children
- Do not put a child's pacifier in your mouth
- Do not share a toothbrush with a young child
- Avoid contact with saliva when kissing a child — for example, kiss the child's forehead or cheek rather than their lips
- Clean toys, countertops, and other surfaces that come into contact with children's urine, saliva, blood, mucus, or tears

If you are pregnant, talk to your medical provider about CMV. A newborn diagnosed with CMV may develop permanent medical conditions and disabilities such as deafness, blindness, cerebral palsy, mental and physical disabilities, and seizures. Symptoms may occur at birth or later in childhood. CMV may also lead to a child's death.

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For more information: nationalcmv.org; cdc.gov/cmV; infanthearing.org; dph.illinois.gov; illinoisoundbeginnings.org