

40% of women who become infected with CMV for the first time during pregnancy will pass the infection on to their infant.

Is there a vaccine for CMV?

There is no vaccine yet available to prevent CMV. However, a few CMV vaccines are being tested in humans. The Institute of Medicine has ranked the development of a CMV vaccine as a high priority.



Women who are pregnant or plan to become pregnant, and who have close contact with young children, should discuss their risk for CMV infection with their medical provider.

Congenital CMV infection causes more long-term health problems and childhood deaths than Down Syndrome, fetal alcohol syndrome, neural tube defects (spina bifida, anencephaly) and Pediatric HIV/AIDS.



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



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STATE OF UTAH
DEPARTMENT OF HEALTH

Cytomegalovirus

**What women
NEED TO KNOW
about CMV**



**For Women Who Are Pregnant
or Planning to Become
Pregnant**

CMV INFECTION DURING PREGNANCY CAN HARM YOUR BABY

Cytomegalovirus (sy toe MEG a low vy rus), or **CMV**, is a common virus that infects people of all ages.

Most CMV infections are “silent”, meaning the majority of people who are infected with CMV have no signs or symptoms, and there are no harmful effects.

However, when CMV occurs during a woman’s pregnancy, the baby can become infected before birth.

CMV infection before birth is known as “**congenital CMV**”. When this happens, the virus is transmitted to the unborn infant and can potentially damage the brain, eyes and/or inner ears.

About 1 of every 5 children born with congenital CMV infection will develop permanent problems, such as hearing loss or developmental disabilities.



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 mouth
- 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.

Avoid contact with a child’s saliva when kissing or snuggling.



- **The virus is generally passed from infected people to others through direct contact with body fluids, such as urine or saliva.**

Use soap and water or a disinfectant to clean toys, changing tables, and other surfaces that may have a child’s saliva or urine on them.



- Most healthy children and adults infected with CMV don’t feel ill and don’t know that they have been infected; others may have mild flu-like symptoms such as fever, sore throat, fatigue or swollen glands.
- A blood test can tell whether you have ever been infected with CMV.
- Healthy infants and children who are infected with CMV **after** birth rarely have problems.