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

1) When you kiss a young child, try to avoid contact with saliva. For example, you might kiss on the forehead rather than the lips.

2) Try not to put things in your mouth that have just been in a child’s mouth. For example:
   - Cups
   - Forks or Spoons
   - Pacifiers

3) Try not to share food, drinks, or a toothbrush with a child.

4) Wash your hands after touching a child’s saliva or urine, especially after:
   - Wiping a child’s nose, mouth or tears
   - Changing diapers

5) 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.
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?
- 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.
- 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.
- Women can also be exposed to the CMV virus through body fluids during sexual activity.

Am I at risk for CMV?
- Pregnant women should avoid getting body fluids in their eyes, nose or mouth. The risk of getting CMV through casual contact is very small.
- Research shows that women who work closely with young children in settings such as child care facilities or those who participate in high-risk sexual behaviors are at greater risk.
- Even if you have had CMV infection in the past, you are still at risk of the virus re-activating or of being infected with a different strain of CMV virus while pregnant.

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.
  - health.utah.gov/CMV or (801) 584-8215
  - www.MotherToBabyUT.org or (800) 822-2229
  - www.cdc.gov/cmv/