

Are you pregnant or thinking of becoming pregnant?

Learn about CMV

Cytomegalovirus (CMV) is a common virus that is spread through contact with bodily fluids such as urine and saliva. Anyone, at any age, can get CMV, and it doesn't usually cause symptoms in healthy people. Babies, toddlers, and young children often get CMV from other kids and can pass it to their parents or caregivers, even when they don't seem sick.

If you are pregnant and have CMV, the virus can pass through the placenta to your growing fetus. This can happen when you get CMV for the first time or again during pregnancy. When a baby is born with CMV, the infection is called congenital CMV. About 1 out of 5 babies with congenital CMV will develop long-term health concerns.

Did you know?

- Congenital CMV is common. About 1 in 200 babies in Minnesota is born with congenital CMV.
- Congenital CMV is the leading cause of birth defects and developmental disabilities in the United States.
- Congenital CMV is the most frequent non-genetic cause of childhood hearing loss.
- All babies born in Minnesota are tested for congenital CMV as part of the newborn screening program.



Follow these tips to reduce your risk of getting CMV

- Wash your hands with soap and water often, especially after wiping a child's nose or mouth and changing diapers.
- Try to avoid contact with saliva when kissing a young child. For example, kiss on the forehead rather than the lips.
- Avoid putting things in your mouth that have just been in a child's mouth such as cups, eating utensils, toothbrushes, or pacifiers. Also, avoid sharing food or drink with a young child.
- Clean toys, changing tables, and other surfaces that come into contact with a child's urine or saliva.

Find more information about CMV

- Talk to a health care provider.
- Call MDH at 651-201-3650, email health.cyshn@state.mn.us, or visit MDH online:



www.health.mn.gov/CMV