

# What is Cytomegalovirus (CMV)? (sy-toe-MEG-a-low-vy-rus)



Cytomegalovirus (CMV) is a common virus that infects people of all ages. CMV is passed from one person to another through contact with body fluids like urine (pee), saliva (drool), blood or mucus (snot). Most children and adults who get CMV will not have signs of illness, or they may have signs like those of common illnesses such as colds.

CMV infection can cause serious and permanent problems for babies infected during pregnancy. If a woman is infected with CMV while she is pregnant or if an earlier infection becomes active again during her pregnancy, her unborn baby can be infected too. When a baby in the womb is infected with CMV, the infection is called congenital\* CMV (cCMV).

**If you are pregnant or considering getting pregnant, talk with your healthcare provider. Ask about how to prevent infections, such as CMV, and whether testing is right for you.**

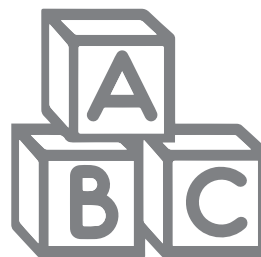
**The best way to prevent getting infected is to practice good hygiene.**



Wash hands often with soap and water, especially after changing diapers, wiping noses or drool, or touching objects that have been drooled on.



Avoid contact with saliva when kissing a child.



Clean and disinfect surface areas and toys regularly.



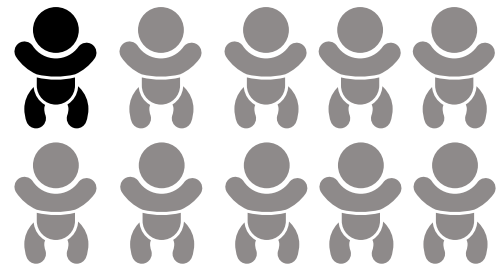
Avoid sharing food, drinks and toothbrushes, or putting a child's utensils, straws or pacifier in your mouth.

*\*Congenital means present at birth*

***In Oregon, about 45,000 babies are born each year.***

***About 225 of them are born infected with CMV.***

***About 20% of infected babies will have CMV-related health problems.***



**Roughly 1 in 10 babies who are born with CMV have signs (about 23 babies in Oregon each year).**

**Most babies born with CMV do not have signs at birth.**

- Most will grow and develop normally.
  - About 10% of these well babies (about 20 babies in Oregon each year) can develop hearing loss later in childhood.
- Signs include being born too small, having a small head (microcephaly), yellowed skin (jaundice), a skin rash (petechiae), or an enlarged liver or spleen.
  - These babies can have serious and permanent health problems with their brain, eyes and/or inner ears.
  - Many of these symptomatic babies will have hearing problems.

#### **About CMV testing & treatment for babies**

Babies born in Oregon are not usually tested for congenital CMV. If a newborn shows signs of congenital CMV at birth, a test will be ordered by your health care provider. Testing must be done before baby is 21 days old. If you have a newborn child with signs of congenital CMV and would like more information about testing and treatment, talk with your child's medical provider. Treatment may prevent or lessen some of the effects of CMV for some babies.

You can learn more online at [www.cdc.gov/cmV/](http://www.cdc.gov/cmV/)

#### **Questions? Contact:**

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