Why is My Baby Being Tested for Congenital CMV?

What is CMV?

Cytomegalovirus (CMV) is a common virus in children and adults that spreads easily through bodily fluids including saliva (drool/spit/snot), urine (pee), blood, and breast milk. It is usually harmless, and most people do not know they have it.

Sometimes a pregnant person passes CMV to their baby during pregnancy. When a baby is born with CMV, it is called congenital CMV or cCMV. Most babies born with congenital CMV grow and develop typically, while others may have long-term health issues including hearing loss, vision loss, developmental delays, and seizures. These health issues can range from minor to severe and may be present at birth or develop later in childhood.

Why is my baby being tested?

Your baby had one or more signs that mean testing for congenital CMV is a good idea. Testing should happen within 21 days of age to make a diagnosis and get connected to care. In Oregon, hospitals and birthing centers screen newborns for signs and risk factors and test within a baby's first 14 days of life.

The reason **my baby** is being tested:

_____

How does testing work?

CMV testing is easy and doesn't hurt. It uses either saliva (spit) or urine. Saliva is collected with a swab from the mouth and urine is collected in a plastic bag. The test result usually comes back in 2 to 7 days. The result is sent to the medical provider who ordered the test and the medical provider who will be seeing your baby ongoing as they get older. You will receive the results too.

What happens if my baby tests positive?

If your baby tests positive for CMV, it is very important that you follow up with your baby's medical team as quickly as possible to get more information on next steps. Your baby may need additional testing and to see other medical specialists to monitor their development and check for health problems. Some babies may need medicine and support from early intervention specialists. These are most helpful the earlier they start so following up with your baby's medical team as soon as possible is important.

Babies with congenital CMV need regular checkups to watch for any problems as they grow. If you have concerns about your baby's growth and development, check with their medical team.

To learn more about CMV testing, prevention, and care in Oregon, visit Oregon.gov/CMV.

You can get this document in other languages, large print, braille or a format you prefer free of charge. Contact the Family and Child Health Section at 971-673-0252 or email fchsection.mailbox@odhsoha.oregon.gov. We accept all relay calls.

Oregon Health Authority
Public Health Division
Family and Child Health Section

Questions?
fchsection.mailbox@odhsoha.oregon.gov
971-673-0252

Revised January 2026