

# What you need to know about CMV

## What is CMV?

CMV (cytomegalovirus) infection during pregnancy is a leading cause of birth anomalies\* and developmental disabilities in children, including hearing loss, vision loss, and other health problems. CMV spreads easily and often has no symptoms.

## How does CMV spread?

- Saliva (drool)
- Mucus (snot)
- Urine (pee)

## Why are pregnant people most at risk?

- It is common among healthy young children.
- Pregnant people are often exposed to CMV by caring for babies and young children.
- Pregnant people can pass CMV to their unborn baby if they are infected during pregnancy.



**In Oregon, about 225 babies are born with CMV each year.**

**If you are concerned that your newborn baby may have been exposed to CMV or is showing signs, ask your doctor, midwife or nurse about testing.**

## What if my baby is born infected with CMV?

**Most** babies do not have signs at birth and will grow and develop typically.

**Some** babies will have permanent hearing loss. It can be present at birth or develop later in childhood.

**Some** babies will have other signs at birth, but may be hard to detect:

- These babies can have serious and permanent health problems with their brain, eyes and/or inner ears.
- Some babies may be born too small, have a small head (microcephaly), yellowed skin (jaundice), a skin rash (petechiae), or an enlarged liver or spleen.

*\*Birth anomalies are sometimes known as birth defects*

# What you need to know about prevention, testing, and treatment

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

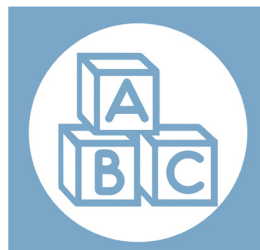
We can help prevent the spread of CMV by:



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



If you are pregnant, kiss your child(ren) on the head or cheek to avoid contact with saliva.



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.



## Ask for a CMV test if you are concerned that your baby may have CMV.

Babies born in Oregon are not usually tested for CMV. Your baby's doctor or nurse can order a test if you are concerned about CMV.

Testing must be done before 21 days of age for baby to receive treatment, which may prevent or lessen some of the effects of CMV infection. You can still ask for a test after 21 days so that you can watch closely for vision and hearing changes.

You can learn more online at:



[www.cdc.gov/cmvl](http://www.cdc.gov/cmvl)



[www.nationalcmv.org](http://www.nationalcmv.org)

### Questions? Contact:

Heather R. Morrow-Almeida, MPH  
Heather.R.MORROW-ALMEIDA@oha.oregon.gov  
Desk: 971-284-3655

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