

Are you pregnant or thinking of becoming pregnant?

Learn about CMV

Cytomegalovirus (CMV) is a common virus that is spread through direct contact with bodily fluids. Anyone, at any age, can get CMV, and it doesn't usually cause symptoms in healthy people. Babies 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. Contact with the saliva or urine of young children is a major cause of CMV infection in pregnant people.

If you are pregnant and have CMV, the virus can pass through the placenta to your growing fetus. When a baby is born with CMV, the infection is called congenital CMV. About 1 out of 5 babies with congenital CMV will have long-term health challenges.

Did you know?

- Congenital CMV is common.
- About 1 in 200 babies 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.



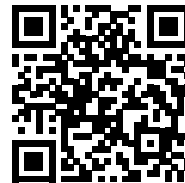
Protect your pregnancy from CMV

Practice the following healthy pregnancy tips to help lower your risk of getting CMV:

- Wash your hands with soap and water often, especially after changing a diaper or wiping a child's nose or mouth.
- Kiss young children on the forehead instead of the lips.
- Do not put things in your mouth that have just been in a child's mouth, such as a pacifier or toothbrush.
- Do not share food, drinks, utensils, and straws.

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