

40% of women who become infected with CMV for the first time during pregnancy will pass the infection on to their infant.

Most healthy children and adults infected with CMV don't feel sick and don't know that they have been infected; others may have mild flu-like symptoms such as fever, sore throat, fatigue or swollen glands.

- A blood test can tell whether you have ever been infected with CMV.

Healthy infants and children who are infected with CMV after birth rarely have problems.



Is there a vaccine for CMV?

Not yet, although research and studies are being conducted.

Congenital CMV infection causes more long-term health problems and childhood deaths than Down Syndrome, fetal alcohol syndrome, neural tube defects (spina bifida, anencephaly) and Pediatric HIV/AIDS.



Congenital CMV is the leading non-genetic cause of childhood hearing loss



UTAH DEPARTMENT OF HEALTH
Early Hearing Detection & Intervention

Utah EHDI Program
288 N. 1460 W.
Salt Lake City, UT 84116

Phone: 801-273-6600
Fax: 801-536-0492
E-mail: cmv@utah.gov

health.utah.gov/cmiv

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**STATE OF UTAH
DEPARTMENT OF HEALTH**

Cytomegalovirus

**What childcare providers
NEED TO KNOW
about CMV**



**For Women Who Are Pregnant
or Planning to Become
Pregnant**

CMV INFECTION DURING PREGNANCY CAN HARM YOUR BABY

Cytomegalovirus (sy toe MEG a low vy rus), or **CMV**, is a common virus that infects people of all ages.

Most CMV infections are “**silent**”, meaning **the majority of people who are infected with CMV have no signs or symptoms, and there are no harmful effects.**

However, when CMV occurs during a woman’s pregnancy, the baby can become infected before birth.

CMV infection before birth is known as “**congenital CMV**”. When this happens, the virus is transmitted to the unborn infant and can potentially damage the brain, eyes and/or inner ears.

About 1 of every 5 children born with congenital CMV infection will develop permanent problems, such as hearing loss or developmental disabilities.



The virus is generally passed from infected people to others through **direct contact with body fluids**, such as **urine** or **saliva**.

People who are infected with CMV can pass the virus for months after they first become infected.

Studies in child care settings suggest that as many as 75% of toddler-aged children have CMV in their urine or saliva.

Persons who work closely with children in settings such as child care facilities or schools may be at greater risk than those who don’t work in such settings.

Wash your hands often with soap and water for 15 to 20 seconds, especially after:

- Changing diapers
- Feeding a young child
- Wiping a young child’s nose or mouth
- Handling children’s toys



Don’t share food, drinks, eating utensils, or a toothbrush with a child.

Do not put a child’s pacifier in your mouth.

Avoid contact with a child’s saliva when kissing or snuggling.



Use soap and water or a disinfectant to clean toys, changing tables, and other surfaces that may have a child’s saliva or urine on them.



An infected person can pass the virus to another person even though they do not appear sick