

# Cytomegalovirus

**Congenital CMV is the leading non-genetic cause of hearing loss in children**



Infants who fail their newborn hearing screening(s) should be tested for congenital CMV infection before 21 days of age (saliva or urine).



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

## Is there a vaccine for CMV?

There is no vaccine available to prevent CMV although clinical trials are in progress. The Institute of Medicine has ranked the development of a CMV vaccine as a high priority; however, it may be a number of years before the Food and Drug Administration (FDA) approves a CMV vaccine.



Utah Department of  
**Health & Human**  
Services



**CMV@utah.gov**



**801-273-6600**



**familyhealth.utah.gov/cmV**

## What you NEED TO KNOW about CMV

For those who are pregnant  
or planning to become  
pregnant



Congenital CMV infection causes more long-term health problems and childhood deaths than Down Syndrome, Fetal Alcohol Syndrome, neural tube defects and Pediatric HIV / AIDS



## 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. The virus is generally passed through direct contact with body fluids of an infected individual.

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

However, **when CMV occurs during a person's pregnancy**, the baby can become infected before birth; this is known as "**congenital CMV**".

When this happens, the virus crosses the placenta and infects the unborn infant. The virus is not always able to infect the fetus but when it does, it can damage their brain, internal organs, eyes, and/or ears. In worst cases, although rare, the virus can cause miscarriage or stillbirth. Sometimes the virus has no effect at all.

**About 1 in 5 children with congenital CMV will be born with, or develop, complications, such as hearing loss or developmental disabilities due to the infection.**

### The best way to protect your baby from CMV is to protect yourself.



Wash your hands frequently with soap and water



Do not share food, utensils, drinks or straws



Do not put a pacifier in your mouth



Avoid contact with saliva when kissing a child



Do not share a toothbrush

For more information about CMV:  
[health.utah.gov/cmvp](http://health.utah.gov/cmvp)  
[nationalcmv.org](http://nationalcmv.org)

- The virus can be passed from infected people to others through direct contact with body fluids, such as urine, saliva, blood, semen, tears and mucus.
- CMV is so common that the CDC estimates 1/3rd of children in the US have had CMV by the time they are 5 years old.
- Persons who live or work with toddlers and young children are at increased risk of having CMV during pregnancy.
- Wash your hands often with soap and water for 15-20 seconds especially after:
  - changing diapers
  - feeding a young child
  - wiping a young child's nose, mouth, or boo-boos
  - handling children's toys

Most healthy children and adults infected with CMV don't feel sick; others may have flu or mono-like symptoms such as fever, sore throat, fatigue or swollen glands. Tell your medical provider if you experience these while pregnant.

