



What is Congenital Cytomegalovirus (CMV)?

CMV is a member of the herpes virus family. Coming into contact with the CMV virus is a common occurrence and is typically harmless to the general population. When a baby acquires CMV in utero, it is known as a congenital CMV infection.

Every woman is at risk of acquiring CMV before and during pregnancy. And only 9% of women know about it.

CMV is **common**.

CMV is a common, global virus that infects people of all ages, regardless of ethnicity or socio-economic class. According to the Centers for Disease Control and Prevention (CDC), CMV is the most common congenital viral infection and the leading cause of non-genetic hearing loss in newborns, affecting 30,000 children per year in the United States.

CMV is **serious**.

Children born with congenital CMV may develop permanent medical conditions and disabilities including deafness, blindness, cerebral palsy, epilepsy, feeding and/or sensory issues, cognitive and developmental delays, and in rare cases, death.

More children will have disabilities due to congenital CMV than other well-known conditions including Down Syndrome, Fetal Alcohol Syndrome, Pediatric HIV/AIDS, Spina Bifida, Toxoplasmosis, and Zika.

CMV is **preventable**.

CMV is primarily passed through urine and saliva, particularly from pre-school aged children.

Here are simple steps for a pregnant woman to reduce her exposure to CMV:

- When you kiss a young child, try to avoid contact with saliva. For example, kiss on the forehead or cheek rather than the lips.
- Do not put things in your mouth that have just been in a child's mouth, including food, cups, utensils, and pacifiers.
- Wash your hands after wiping a child's nose or mouth and changing diapers.

Learn more at www.NationalCMV.org

