

How could congenital CMV affect my baby?

Babies born with congenital CMV may have health problems that develop at birth or in early childhood.

A baby with congenital CMV may have:

- Hearing loss
- A small head
- Seizures
- Developmental delays
- Vision loss

How can I prevent my baby from getting congenital CMV?

People who are pregnant or who may become pregnant should avoid contact with saliva and urine, especially of young children.

To help protect your developing baby

- Pregnant parents should wash their hands after changing diapers, feeding, and cleaning up after children.
- Wash your hands for at least 20 seconds or use an alcohol-based hand sanitizer. Allow it to dry.
- Avoid sharing toothbrushes.
- Clean items like toys and eating utensils in hot, soapy water to remove germs like CMV.

Resources

The New York State Department of Health

www.health.ny.gov/diseases/communicable/cytomegalovirus/fact_sheet.htm

The Centers for Disease Control and Prevention

www.cdc.gov/cmV

The New York State Early Hearing and Detection Intervention Program

www.health.ny.gov/community/infants_children/early_intervention/newborn_hearing_screening/



Congenital CMV is the leading cause of nongenetic hearing loss in childhood.

Protect Your Baby from Cytomegalovirus (CMV)

What people should know about CMV

For People Who Are Pregnant or Who May Become Pregnant



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What is cytomegalovirus (CMV)?

(pronounced sy-toe-MEG-a-low-vy-rus)

CMV is a common virus that can affect people of all ages. CMV does not cause symptoms in most people. Others may have flu-like symptoms, such as a fever, sore throat, fatigue, and swollen glands.

How is CMV spread?

CMV is spread through bodily fluids, such as urine, saliva, semen, vaginal fluids, tears, breast milk, and blood. People often are infected with CMV while caring for young children.

What is congenital CMV?

When a pregnant person is infected with CMV, they may pass it to their developing baby. A baby born with CMV is said to have congenital CMV. Congenital CMV is the most common infection passed from the pregnant parent to baby in the United States. It is the leading cause of nongenetic hearing loss in newborns.

How do I know if my baby has congenital CMV?

If your baby shows signs of congenital CMV at birth, your baby's health care provider may recommend testing for congenital CMV.

All New York babies have their hearing checked after birth. Your baby may need to have their hearing checked again after you leave the hospital. If so, your baby should also be tested for congenital CMV.

If you are worried that your baby may have congenital CMV, talk to your child's health care provider.

Many people introduce germs like CMV into their bodies by touching their eyes, nose, and mouth.

Right now, there is no vaccine to prevent congenital CMV.

If you are pregnant or you plan to become pregnant, talk to your health care provider to learn more about congenital CMV. Find out what you can do to reduce your risk of infection.

Be sure to wash your hands with soapy water or use an alcohol-based hand sanitizer after touching the saliva or urine of young children.

