

Good hygiene can help reduce your risk of getting Cytomegalovirus (CMV)



Are you pregnant or planning to become pregnant?

CMV is a common virus that rarely causes problems for healthy people. However, when a pregnant woman is infected with CMV, it may cause serious health problems for her unborn baby.

FOLLOW THESE HYGIENE TIPS



Wash your hands for 20 seconds with soapy water.



Don't put a child's pacifier in your mouth.



Regularly disinfect toys, countertops, and other surfaces.



Wear gloves when changing diapers.



Don't share food, drinks, or eating utensils.



Avoid contact with a child's saliva or fluids.

For more info about CMV, contact your health care provider or visit cmv.dhw.idaho.gov