

How is CMV spread?

CMV is generally spread from infected people to others through direct contact with body fluids such as urine, saliva, tears, blood, breast milk, semen, and vaginal fluids. For example, it can be spread during diaper changes, bathing, sharing cups or toothbrushes, or through other close contact such as kissing. The developing baby can get congenital CMV infection from the infected mother during pregnancy. Babies may also be infected by the virus during birth, as a newborn, and through breastfeeding. For healthy, full-term infants, acquiring a CMV infection after delivery (including through breastfeeding) generally does not cause any serious problems.

What are the health effects of CMV?

Most people infected with CMV have no signs or symptoms and suffer no harmful effects. That's because a healthy person's immune system usually keeps the virus from causing illness. However, CMV infection can cause serious health issues for people with weakened immune systems and unborn babies of pregnant women who are infected.

Not all babies born with CMV will experience health problems. However, about 20% may experience long-term health problems such as:

- ▶ Hearing loss
- ▶ Vision loss
- ▶ Intellectual disability
- ▶ Death (rarely)
- ▶ Lack of coordination
- ▶ Seizures
- ▶ Muscle weakness

Is there treatment for CMV?

Generally, pregnant women with CMV infection are treated only for their symptoms (e.g. acetaminophen for fever) and not for the virus itself.

Babies born with suspected congenital CMV infections should be evaluated by physicians who specialize in these infections to discuss the care and additional services the child may need.



Where can I get more information about CMV?

If you have concerns about CMV infection, are pregnant or planning a pregnancy, visit our website at cmv.dhw.idaho.gov or speak with your local health care provider.

Brought to you by:



IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

Delivering the facts about Cytomegalovirus.



Visit cmv.dhw.idaho.gov

¹(CDC) Centers for Disease Control

²National CMV Foundation

What is CMV?

Cytomegalovirus (CMV) is a common virus that's a member of the herpes virus family. In fact, it's estimated that over half of adults will have CMV by age 40¹. Once in the body, it stays there for life.

Most people don't know they have CMV because it rarely causes symptoms in healthy people. However, when a pregnant woman is infected with CMV, it may cause serious health problems for her unborn baby.

What is Congenital CMV?

When a baby is born with CMV infection, it's called congenital CMV infection.

CMV is the most common congenital infection in the United States. According to the CDC, roughly 1 in 200 babies are born each year with congenital CMV.

Based on this statistic, it's estimated that about 115 babies born in Idaho each year may have congenital CMV infection.

Of those born with congenital CMV, about 1 in 5 (roughly 23 in Idaho per year) may develop long-term health problems due to the infection².



If pregnant or planning to become pregnant, consider these steps to reduce your chances of getting CMV.

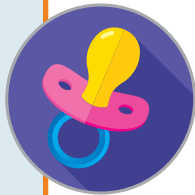


Wash your hands for at least 20 seconds after changing diapers, feeding children, wiping a child's nose or drool, or handling children's toys.

Wear gloves when changing diapers or touching bodily fluids such as urine, vomit, or saliva.



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



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



Regularly disinfect toys, counter tops, and other surfaces that may have a child's saliva or urine on them.



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



Helpful information for mothers, those expecting, and child care workers.

Anyone who works closely with children in settings such as child care facilities and church nurseries may be at greater risk for CMV infection as CMV is common in these settings. Young children tend to shed the virus in high amounts in saliva and urine, even if they themselves have no signs of infection. If you are pregnant and work in these settings, you can help reduce your risk of getting CMV by following the steps outlined in this brochure.



Because CMV is a very common virus and is widespread in the community, children and adults known to have CMV should not be excluded from attending or working in child care settings or schools. To lessen the chance of infection, good personal hygiene is needed at all times.