

# Protect Yourself and Your Baby from CMV



**CMV (cytomegalovirus)** is a common virus that affects people of all ages. If you get CMV while you're pregnant and pass it on to your baby, it can cause serious health problems.

## How does CMV affect babies?

When a baby is born with CMV, it's called **congenital CMV (cCMV)**. Some babies may show signs of cCMV at birth, such as a rash, jaundice (yellow skin or eyes), or low birth weight. Sometimes babies born with cCMV don't show any signs. cCMV can cause **serious health problems**, including:



Hearing loss



Vision loss



Learning disabilities



Delayed growth and development



Small head size

## How does CMV affect pregnant people?

If you get CMV, you might feel like you have a cold or the flu. CMV symptoms include fever, body aches, and feeling tired. Some people who get CMV don't have any symptoms.

If you notice these symptoms, **ask your doctor about CMV testing**. Your doctor can do a blood test to find out if you have CMV. If you do have the virus, your doctor may recommend additional testing for your baby.



## How does CMV spread?

CMV spreads from person to person through body fluids, including urine (pee), saliva (spit), tears, breast milk, and semen or vaginal fluids.



Anyone can get CMV, but **you're more likely to get it if you're a parent of young children or work with young children.** That's because parents and people who work with kids are more likely to come into contact with urine or saliva from children who have the virus.

## How can I lower my risk of CMV during pregnancy?

Take these simple steps to reduce your risk of getting CMV:



Wash your hands after changing diapers, feeding a child, wiping a child's nose or mouth, or handling toys or pacifiers



Avoid sharing food and drinks, utensils, or toothbrushes



Clean toys and countertops often



If you kiss a young child, kiss their cheek or forehead — that way, you'll be less likely to get saliva on your lip



Don't put items that children have touched in your mouth

To learn more about CMV, visit [NationalCMV.org](https://www.nationalcmv.org).



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