

Women who are pregnant or planning to become pregnant, and who have close contact with young children, should discuss their risk for CMV infection with their medical provider.

# Cytomegalovirus (CMV)

## What Women Need to Know

Iowa Department of Public Health  
Newborn Screening Programs  
1-800-383-3826  
<http://idph.iowa.gov/genetics/CMV>



## About CMV

CMV is most commonly transmitted by young children at home or work. Those infected with CMV often show no signs or symptoms, others may have mild flu-like symptoms such as fever, sore throat or fatigue.

When CMV occurs during pregnancy the baby can become infected before birth (congenital CMV) and this may cause damage to the brain, eyes and or inner ears. Children born with congenital CMV may develop permanent medical conditions and disabilities such as deafness, blindness, cerebral palsy, other mental and physical disabilities, seizures and in some cases it may result in death.

## Incidence

- According to the National CMV Foundation 1 in 150 children in the United States are born with congenital CMV and 1 in 5 of those children will develop permanent problems such as hearing loss or developmental disabilities.
- Congenital CMV is the most common cause of non-hereditary hearing loss in children.



## Transmission

- The virus is generally passed from infected people to others through direct contact with bodily fluids such as:
  - ♦ Urine
  - ♦ Saliva
  - ♦ Blood
  - ♦ Tears
  - ♦ Mucus
  - ♦ Other bodily fluids

## Prevention

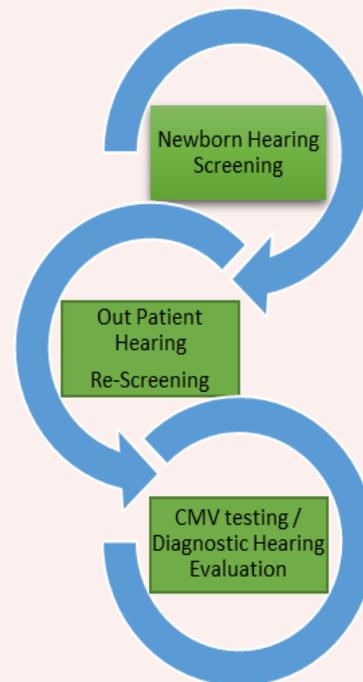
Always wash your hands with soap and water after changing diapers, feeding a young child, wiping a young child's nose/mouth, and handling toys.

Don't share food, drinks, eating utensils, and toothbrushes. Try to avoid contact with saliva when kissing or snuggling.

Make sure to clean toys, countertops and other surfaces that may have come in contact with children's saliva or urine.



## Diagnosis



• If the baby doesn't pass the newborn hearing screening in the hospital it is important to have an outpatient hearing screening before 10 days of age.

• If the baby doesn't pass the outpatient hearing screening your provider should talk to you about testing for congenital CMV and schedule a diagnostic hearing evaluation immediately.

• CMV testing is a simple and painless process using a urine or saliva sample.

• In order to detect congenital CMV, testing must be done immediately or before the child is 21 days old.

## US Children Born With or Developing Long-Term Medical Conditions Each Year

