



PREGNANT? PLANNING TO BECOME PREGNANT?

1 in 3



pregnant women who become infected with CMV will pass the virus to their unborn child.

1



child is permanently disabled by congenital CMV every hour.

CMV: cytomegalovirus (sy . toe . MEG . a . low . vy . russ) is a very common virus. The majority of adults carry the virus by the time they are 40 years of age and carry the virus for life (usually in a dormant or inactive state). *CMV can cause significant problems in a newborn if the mother gets the infection during pregnancy.*

About **10%** of babies who are infected with the CMV virus before birth (*congenital CMV infection*) will have some abnormalities.

WHAT SYMPTOMS SHOULD I LOOK FOR?

Usually, CMV does not cause symptoms or only causes mild symptoms. Symptoms of CMV can include:

- ✦ Sore throat
- ✦ Swollen lymph nodes (lymph glands)
- ✦ Fever
- ✦ Headache
- ✦ Fatigue
- ✦ Weakness
- ✦ Muscle aches
- ✦ Loss of appetite

WHAT DO I DO IF I THINK I MIGHT BE INFECTED?

Your doctor can learn if you carry the virus with a blood test.

If you do carry the virus, your doctor may suggest a test called amniocentesis, which collects a sample of the amniotic fluid for testing. It can help determine whether your unborn baby has CMV.

HOW DOES THE VIRUS SPREAD?

CMV is spread from one person to another, usually by direct and prolonged contact with bodily fluids, including:

- ✦ Saliva
- ✦ Urine
- ✦ Breast milk
- ✦ Semen

This only happens when the person with the virus has an active infection (not dormant).

HOW DO I PREVENT BECOMING INFECTED?

Make sure you wash your hands after:

- ✦ Changing diapers
- ✦ Feeding a child
- ✦ Wiping a child's nose or mouth
- ✦ Handling a child's toy

YOU CAN PROTECT YOUR BABY AGAINST THIS LITTLE KNOWN BUT POTENTIALLY DAMAGING INFECTION!



COLORADO
Department of Public Health & Environment

INQUIRIES:
MARGARET F. RUTTENBER, MSPH
PROGRAM DIRECTOR
COLORADO RESPONDS TO CHILDREN WITH SPECIAL NEEDS