What is CMV?
Cytomegalovirus (sy-toe-MEG-a-low-vy-rus) or CMV is a herpes virus infecting both children and adults. Once an individual is infected with the virus, they remain infected for the rest of their life. About 50-80% of US citizens will become infected by age 40. While infection in healthy adults and children typically happens without symptoms or disease, the congenital CMV infection (infection prior to birth) causes more long-term health problems and childhood deaths than Down’s syndrome, fetal alcohol syndrome, neural tube defects (spina bifida, anencephaly) and Pediatric HIV/AIDS.

How is CMV Spread?
The virus is spread by direct contact with bodily fluids, primarily saliva, blood and urine. Children infected with the virus may shed the virus in their saliva and urine for months to years without showing symptoms of infection.

Want to learn more about how to stop CMV?
www.cdc.gov/cmv
www.stopcmv.org
Utah Early Hearing Detection and Intervention at (801) 584-8215

As of today there is no vaccine against CMV. The Institute of Medicine has ranked the development of a CMV vaccine as the highest priority due to the number of lives it would save and disabilities it would prevent. Until then we CAN and will use early detection hearing and vision services to fight this growing problem.

How Do I Know if I Have CMV?
CMV is known as a silent virus because it usually does not cause symptoms of disease in healthy individuals. For women who are pregnant or planning to become pregnant, testing is the best way to determine if you are seropositive or seronegative for CMV.

**Seropositive** women are carriers of CMV. These women have acquired immunity to the virus, which protects their unborn child.

**Seronegative** women are at a greater risk for transmitting the virus to their unborn child if they become infected during their pregnancy. In this situation, increased hygiene, avoiding intimate contact with toddlers and monitoring serostatus is crucial for preventing the congenital infection.

What Kind of Treatment and Testing is Available?
Serological tests are used to determine if a woman has been exposed to the virus and has activity immunity. Women who are pregnant or plan on becoming pregnant should be tested. Seronegative women should be monitored over the course of their pregnancy. Conversion from seronegative to seropositive during pregnancy indicates a risk of transmission of the virus to the developing fetus. In addition, for women who contract the virus during pregnancy, antivirals exist that may help control transmission of the virus and the severity of disease in children.

Increased education and awareness reduces your risk of contracting CMV, and passing CMV to your unborn child. CMV is the most common preventable viral infection that infants are born with in the US. Recent studies within day care settings have revealed that as many as “75% of toddler-aged children have CMV in their urine or saliva”.

Initiating the C.A.N. technique will help decrease Arizona’s rates of congenital CMV:

- **Clean** hands and surfaces well and often—especially after changing diapers, handling toys and feeding toddlers.
- **Proper handwashing** (lather soap in hands 15-20 seconds and rinse with warm water)
  1. before and after feeding
  2. changing diapers
  3. wiping children’s nose
  4. handling toys
- **Avoid** contact with children’s saliva when kissing or hugging
- **No** sharing of pacifiers, food, drinks, eating utensils or toothbrushes

1 in 5 children born with Congenital CMV will develop permanent hearing loss or developmental disabilities.