



## Why Haven't I Heard of CMV Before?

Babies born with CMV may show no symptoms of the virus until they are older. A child can only be diagnosed with CMV within the first 3 weeks of life. A child is sometimes diagnosed much later, through the symptoms of CMV rather than a test.

Learn more at  
[www.NationalCMV.org](http://www.NationalCMV.org) and  
[www.cdc.gov/cmvi/](http://www.cdc.gov/cmvi/)

## Reduce Your Risk. Reduce Your Unborn Baby's Risk.



## Treatments

If you have been diagnosed with CMV, there may be treatments to help fight the CMV infection. Research on CMV is ongoing. Talk with your doctor.

Michigan Department of Health and  
Human Services  
Michigan Early Hearing Detection and  
Intervention Program  
P.O. Box 30195, Lansing, MI 48909  
517-335-8955 Phone  
[www.michigan.gov/ehdi](http://www.michigan.gov/ehdi)

## Pregnant or Planning Pregnancy?

Learn how to protect  
your baby from birth defects  
caused by CMV.



Michigan Early Hearing Detection  
and Intervention Program

## CMV\* is Common.

CMV is a common virus that a woman may get during pregnancy and pass to her unborn child. It causes about 400 deaths a year. The mother may not know she is sick, or may assume she has a common cold. CMV is a leading preventable cause of birth defects and developmental disabilities. For the unborn baby, CMV can damage the ears, eyes, brain, and/or other organs in the body.

### Did you know?

CMV affects 1 in 150 babies per year in the U.S. (about 30,000 children).

## CMV is Preventable.

CMV is passed easily through body fluids like saliva and urine. Up to 70% of healthy children ages 1 to 3 are exposed to CMV. The majority of these children may not show serious symptoms, but they may give the virus to pregnant women.



CMV can be prevented by avoiding contact with saliva when kissing a child.

\*CMV—Cytomegalovirus  
(pronounced sy·toe·MEG·a·low·vy·rus)

While pregnant, reduce your risk of contracting CMV by following these simple guidelines:

**SHARING** - Try to avoid putting things in your mouth that have been in a child's mouth. This includes food, cups, forks, spoons, and even pacifiers. The virus can remain alive on an item for up to 6 hours.



**KISSING** - When you kiss a young child, try to avoid the child's saliva. Kiss the forehead or cheeks instead.



**WASHING** - Wash your hands after you wipe a child's nose or mouth, and after changing diapers. Occasional hand sanitizer is acceptable.



**Congenital CMV is the most common cause of nonhereditary hearing loss in children.**

## ONE PARENT'S STORY



I had written off the tiredness and itching as early pregnancy symptoms. Even though most doctors do not test for CMV, I eventually was tested. I was devastated to learn that my symptoms were actually from CMV. I had never heard of this virus, but I had passed it to my unborn child. He was born healthy, but when he was one year old, we learned he had a hearing loss. His hearing will possibly get worse as he gets older. Every parent should have the opportunity to learn how to prevent CMV.

**Amy, Michigan Mother of Zachariah,  
a baby born with CMV**