

Centre for Disease Control and Prevention (CDC, USA), June 2015:

Cytomegalovirus (CMV) and Congenital CMV Infection:

Because CMV infection in healthy people is common and typically causes no symptoms, efforts to prevent transmission are not necessary for most groups of people.

Preventing Congenital CMV Infection



Pregnant women may want to take steps to reduce their risk of exposure to CMV and so reduce the risk of CMV infection of their fetus. Here are a few simple steps you can take to avoid exposure to saliva and urine that might contain CMV:

- Wash your hands often with soap and water for 15-20 seconds, especially after
 - changing diapers/nappies
 - feeding a young child
 - wiping a young child's nose or drool (saliva)
 - handling children's toys
- Do not share food, drinks, or eating utensils used by young children
- Do not put a child's pacifier/dummy in your mouth
- Do not share a toothbrush with a young child
- Avoid contact with saliva when kissing a child
- Clean toys, countertops, and other surfaces that come into contact with children's urine or saliva

Cytomegalovirus (CMV)

A pregnant woman infected with CMV can pass the virus to her baby during pregnancy. Most babies born with CMV infection will be fine and will not have symptoms or develop health problems. However, some babies will have permanent problems, such as hearing or vision loss or mental disabilities, at birth, or develop problems later on.

CMV is passed from infected people to others through body fluids, such as saliva, urine, blood, vaginal secretions, and semen. Infants and young children are more likely to shed CMV in their saliva and urine than older children and adults. For pregnant women, the two most common ways they are exposed to CMV is through contact with saliva and urine of children with CMV infection and sexual activity.

If you're pregnant or planning a pregnancy, here are a few steps you can take to avoid exposure to CMV:

- When you kiss a young child, try to avoid contact with saliva. For example, you might kiss on the forehead or cheek rather than the lips.
- Try not to put things in your mouth that have just been in a child's mouth. For example:
 - Food
 - Cups
 - Forks or spoons
 - Pacifiers
- Wash your hands after touching a child's saliva or urine, especially after
 - Wiping a child's nose or mouth
 - Changing diapers
- If you do not have soap and water, use an alcohol-based hand sanitizer.
- Women can also reduce their risk of sexual exposures to CMV by avoiding or limiting the number of new sex partners during pregnancy.