

Mothers, those expecting and childcare workers

This brochure offers helpful information for mothers, those who are expecting and anyone working with young children. Because CMV is common in nurseries and childcare settings, people who work closely with children may have a higher chance of exposure. Young children can carry and spread the virus through saliva and urine, even when they show no signs of illness. If you are pregnant and work in these environments, you can lower your risk by following the simple prevention steps outlined in this brochure.



With CMV being very common and widespread in the community, children and adults who have CMV should not be excluded from attending or working in childcare settings or schools. Good personal hygiene such as careful hand-washing and avoiding contact with saliva and urine is essential for reducing the risk of infection.



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

PO Box 570
Jefferson City, MO 65102

If you have questions about CMV:

Phone: 800-877-6246

Visit: [health.mo.gov/
newbornhearingscreening](https://health.mo.gov/newbornhearingscreening)

or scan here:



Cytomegalovirus (CMV) Infection

What women who are pregnant or plan to become pregnant need to know.



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

Newborn Hearing Screening Program

What is CMV?

Cytomegalovirus (CMV) is a common virus that infects people of all ages.

Most adults will have CMV at some point, often without knowing. It usually causes mild or no symptoms and stays in your body for life in an inactive form.

How Does CMV Spread?

CMV spreads through close contact with body fluids, especially from young children.

Common ways people are exposed:

- Kissing a child on the lips.
- Sharing food, drinks or utensils.
- Contact with diapers or saliva.
- Handling toys that have been in a child's mouth.



**Children ages 1-3
are a common source
of exposure.**

Why CMV Testing is Important During Pregnancy

If you get CMV while pregnant, it can pass to your baby. This is called congenital CMV.

Possible effects include:

- Hearing loss (most common)
- Vision problems
- Developmental delays
- Seizures or cerebral palsy
- Lack of coordination or muscle weakness

**CMV is the leading
cause of non-genetic
hearing loss in children**

How Common is Congenital CMV?



1 in 150 Babies
is born with CMV



1 in 5 of those
babies will have
long-term health
problems

How Can You Reduce Your Risk?

Simple habits can make a big difference.

- Wash hands often, especially after diapers, feeding and wiping noses.
- Avoid sharing food, drinks or utensils.
- Kiss children on the forehead instead of the lips.
- Clean toys and surfaces regularly.
- Avoid contact with saliva when possible.

These steps are especially important if you're pregnant or planning to be.



Testing and at Birth

What should you do during pregnancy? If you think you've been exposed, talk to your healthcare provider and ask about CMV testing.

What should be done at birth?

- Babies usually receive a hearing screening.
- If your baby does not pass the hearing test, ask about CMV testing within the first 21 days.

Early detection helps improve outcomes.