

SUPPLEMENTAL FORM # 1

CDC Draft Material: CMV Factsheet

Pregnant or Planning a Pregnancy? Protect your unborn baby from congenital CMV

What is CMV?

Cytomegalovirus, or CMV, is a virus that can cause serious birth defects. Most people who catch CMV do not know it because they do not get sick. However, a pregnant woman can pass the virus to her unborn baby (this is called congenital CMV). About 1 in 750 babies will have birth defects caused by congenital CMV[1]. This is similar to the number of babies born with Down syndrome[2] or fetal alcohol syndrome[3]. Babies with congenital CMV may have:

- Hearing loss
- Vision loss
- Intellectual disability
(formerly known as mental retardation)

How do pregnant women catch CMV?

The most common way a pregnant woman catches CMV is by getting an infected child's urine or saliva in her eyes, nose or mouth. Pregnant women can also get infected through sexual contact with an adult who has CMV. The chance of catching CMV through casual contact is very small.

How do I protect my unborn baby from congenital CMV?

Avoiding contact with urine or saliva, especially from young children, can help protect you and your unborn baby from CMV. Here are a few simple ways:

- *Do not put things in your mouth that have just been in a child's mouth. For example:*
 - o Food
 - o Cups or silverware
 - o Toothbrush
 - o Pacifier
- *Kiss young children on the forehead or cheek rather than the lips*
- *Wash your hands with soap and water, especially after:*
 - o Changing diapers
 - o Feeding a child
 - o Wiping a child's nose or mouth
 - o Touching a child's toys, pacifier, or other objects that have the child's saliva or urine on them*If you do not have soap and water, use an alcohol-based hand sanitizer.*

For more information, visit www.cdc.gov/cmV

1. Cannon, M.J., *Congenital cytomegalovirus (CMV) epidemiology and awareness*. J Clin Virol, 2009. 46 Suppl 4: p. S6-10.
2. Parker, S.E., et al., *Updated National Birth Prevalence estimates for selected birth defects in the United States, 2004-2006*. Birth Defects Res A Clin Mol Teratol, 2010. 88(12): p. 1008-16.
3. May, P.A. and J.P. Gossage, *Estimating the prevalence of fetal alcohol syndrome. A summary*. Alcohol Res Health, 2001. 25(3): p. 159-67.