

Cytomegalovirus (CMV)

What is cytomegalovirus (CMV)? It is a very common infection in young children. It usually has:

- No symptoms at all
-OR
- Fever, sore throat, swollen glands, tiredness for less than a week

Although CMV is usually mild, it can be dangerous for:

- *Pregnant women-It can cause birth defects in the baby.*
- *People with immune problems (e.g., HIV/AIDS, cancer chemotherapy, organ transplants)-It can cause pneumonia and blindness.*

How does CMV spread? CMV is mainly spread by:

- Touching urine when changing diapers
- Sharing food, eating utensils, and mouthed toys
- Kissing on the lips

When is CMV contagious? Some people with CMV are contagious for a very short time; others can spread the virus for months to years.

How do I know if my child has CMV? Most people with CMV never know it because they don't have any symptoms. Rarely, special blood or urine tests might be done to check for CMV infection.

What should I do if my child has CMV?

Treatment: Follow your doctor's recommendations. Usually, no special treatment is needed.

If your child or anyone at home has immune problems or is pregnant, call your doctor to discuss CMV.

Should my child stay home? A child with CMV does not need to stay home.

To limit the spread:

- Wash hands after diapering, toileting, or contact with saliva and blood.
- Don't share food, pacifiers, bottles, or toothbrushes.
- Wash eating utensils and drinking cups between uses.
- Clean and disinfect mouthed toys and dining tables after each use.
- Don't kiss children on the mouth.