

Protect your baby

If you are pregnant,
now is the time to learn about cCMV

What is cCMV?

Cytomegalovirus (CMV) is a common virus that you can get while pregnant and pass on to your baby. Most people with CMV won't have symptoms and may not know they have it. When you pass CMV to your baby, it's called congenital cytomegalovirus (cCMV). Congenital means "from birth."

Every year, **1 in 200** babies will be born with cCMV.

1 in 5 babies born with cCMV may have long-term health conditions, such as:

- Hearing differences (deaf or hard of hearing)
- Developmental delays
- Vision loss
- Lack of coordination or weakness
- Seizures
- In severe cases, death

How does CMV spread?

CMV can be spread through body fluids, such as saliva (spit), urine (pee), blood, tears, semen or vaginal fluids, and breast milk.

Contact with saliva or urine of young children is the major cause of CMV infection for pregnant people who are parents, daycare workers, preschool teachers, therapists, and health care workers.

What can I do for my baby?

Avoid getting CMV so you can't spread it to your baby.

- **Don't share food, drinks, utensils, or straws, especially with young children.**
- **Avoid contact with children's spit. No kisses on the mouth.**
- **Don't share toothbrushes.**
- **Wash hands with soap and water after wiping noses, changing diapers, feeding a child or handling toys.**

**These healthy habits can help you avoid CMV,
and stop you from spreading it to your baby.**



Learn more about cCMV, testing
for your baby and more:



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