

PROTECT YOUR BABY FROM CMV



Avoid kissing
young children
on the lips



Wash hands after
changing diapers



Avoid sharing utensils
or straws with
young children



Never put a
child's pacifier
in your mouth



Do not share a
toothbrush with
a young child.



Did you know:

- Congenital Cytomegalovirus (cCMV) is the leading non-genetic cause of hearing loss and other birth defects and developmental disabilities.
- CMV is often a symptomless virus spread through contact with saliva, mucus, and urine.
- 1 out of 3 pregnant women who are infected with CMV, in the first or second trimester, will pass the virus to their unborn child.
- Infants who acquire CMV infection in the womb are at risk for complications.
- Only 9% of pregnant women know about CMV. Protect you and your unborn child and ask your doctor about CMV.

Visit our website at www.VDHLiveWell.com for resources, or email us at va_ehdi@vdh.virginia.gov