



What is CMV?

Resources:



[National CMV foundation](#)



[CDC on CMV](#)



[Congenital CMV](#)

- Cytomegalovirus (sy·toe·MEG·a·low·vy·rus), or CMV, is a member of the herpesvirus family. Coming into contact with the CMV virus is a common occurrence and is typically harmless to the general population.
- CMV is a common, serious, and preventable virus, yet 91% of women have never heard of CMV.
- CMV is spread from one person to another through contact with bodily fluids, including saliva and urine.
- CMV causes severe disease in babies who were infected with CMV while in utero.
- The Centers for Disease Control and Prevention (CDC) reports that between 50 and 80% of people in the United States have had a CMV infection by the time they are 40 years old.
- Once the CMV virus is in a person's body, it stays there for life.
- 1 out of 3 children have already been infected with CMV before the age of 5. CMV is not generally harmful to these children, and most do not exhibit signs or symptoms of infection.
- Approximately 90% of all infants who are infected with CMV prior to delivery are born without symptoms of the virus; however, the remaining 10% will have varying degrees of abnormalities that range from mild to severe.
- If you are pregnant and have CMV, the virus in your blood can cross through your placenta and infect your developing baby.
- About one out of every 200 babies is born with congenital CMV infection, or cCMV.
- About one in five babies with congenital CMV infection will have long-term health problems.
- Hearing loss is common in babies who have congenital CMV, even those without symptoms at birth.
- Progressive hearing loss is common in babies born with congenital CMV (cCMV). Babies with cCMV may have hearing loss in one ear and may later develop hearing loss in the other ear. Progression may occur through childhood.
- Diagnosing, treating, and monitoring children with congenital CMV can help improve their health outcomes.