



# CMV Prevention

## Resources:



[Prevention tip sheet](#)



[5 simple tips](#)



[Precautions for caregivers](#)

- Cytomegalovirus (sy·toe·MEG·a·low·vy·rus), or CMV, is a member of the herpes virus family. Coming into contact with CMV is a common occurrence and is typically harmless to the general population.
- For most people, CMV infection is not a serious health problem. However, certain groups are at high risk for serious complications from CMV infection: Those groups include infants infected in utero, babies with very low birth weight and premature infants and people with compromised immune systems.
- CMV has been shown to spread among household members and young children in daycare centers.
- Contact with the saliva or urine of young children is a cause of CMV infection among pregnant women, especially mothers, daycare workers, preschool teachers, therapists, and nurses.
- Women who are pregnant, or plan to become pregnant, who have close contact with young children should avoid contact with saliva, urine, and blood to prevent congenital CMV.
- To minimize infection risk, childcare workers should treat all body fluids as if they are infectious, and avoid sharing food, drinks, or utensils with young children.
- You may be able to lessen your risk of getting CMV by reducing contact with saliva and urine from babies and young children. The saliva and urine of children with CMV have high amounts of the virus.
- Regular hand washing is a commonly recommended step to decrease the spread of infections and may reduce exposures to CMV. Make sure to wash your hands after: changing diapers, feeding a child, wiping a child's nose or mouth, handling a child's toy.
- Exclusion from child care, preschool, school or work because of CMV is not necessary.
- Consider encouraging co-workers who are pregnant or planning to become pregnant to discuss potential CMV risks with their healthcare provider.