

If you frequently work closely with young children please use this information to prevent CMV.

Please visit these sites for more information:

[www.cdc.gov/cmV](http://www.cdc.gov/cmV)

[www.nationalcmv.org](http://www.nationalcmv.org)



Iowa Department of Public Health  
Newborn Screening Programs  
1-800-383-3826

# Cytomegalovirus (CMV)



## Information for Child Care Providers

## Transmission

- Anyone can become infected with CMV, but people who work closely with young children, such as in child care facilities or schools, may be at a greater risk for CMV.
- The virus is generally passed from infected people to others through direct contact with bodily fluids such as urine, saliva, blood, tears, mucus or other fluids.
- An infected person can pass the CMV virus to another person even if they do not appear sick.



Studies in child care setting suggest that as many as 75% of toddler-aged children have CMV in their urine or saliva

The majority of people with CMV infections have no signs or symptoms

About 1 in 150 children are born with congenital CMV

1 in 5 children with CMV will develop permanent problems such as hearing loss or developmental disabilities

Congenital CMV is the most common viral cause of birth defects and developmental disabilities in the US.

## Birth Defects Caused by CMV

- Children born with congenital CMV may develop permanent medical conditions such as deafness, blindness, intellectual disabilities, weakness, seizures and in some cases CMV may result in death.
- Some infants without signs of CMV at birth may later develop hearing loss.



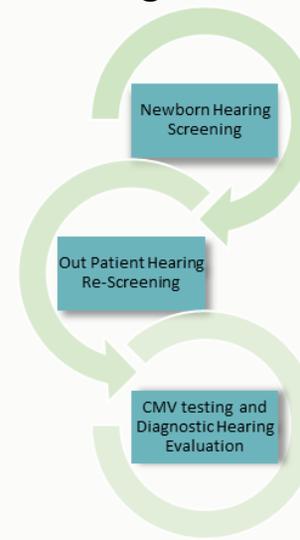
The best way to prevent CMV is to practice good hygiene.

Do not share food, drinks, utensils or toothbrushes with young children

Clean surfaces that come in contact with children's saliva or urine

Wash your hands after changing diapers, feeding a young child, coming in contact with saliva or tears or handling toys

## Diagnosis and Intervention



• If a baby doesn't pass their first newborn hearing screening it is important to have an outpatient hearing screening done before 10 days of age.

• If the baby doesn't pass the outpatient hearing screening the baby should be scheduled for a diagnostic hearing evaluation and be tested for congenital CMV immediately.

• CMV testing is a simple and painless process using a urine or saliva sample.

• In order to detect congenital CMV, testing must be done immediately or before the child is 21 days old.