



CMV Action
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FOR INFORMATION ON THE
SYMPTOMS, EFFECTS, TESTING,
AND TREATMENT OF CMV GO TO
WWW.CMVACTION.ORG.UK

**2 TO 3 BABIES ARE
DAMAGED BY THE
CMV VIRUS EVERY
DAY IN THE UK**

If you have any questions or concerns, please contact your GP or midwife.

**CMV IS MORE COMMON THAN DOWN'S
SYNDROME, SPINA BIFIDA OR TOXOPLASMOSIS**

CMV Action has a dedicated team of support volunteers who are parents of children with congenital CMV. They can talk to you about your experiences if you or your baby have CMV and tell you how to get further support and information.

FIND OUT HOW TO REDUCE RISKS AT CMVACTION.ORG.UK

WHAT IS CMV?

CMV, or cytomegalovirus (si-to-MEG-alo-vi-rus) is a common virus that is harmless to most people but can be dangerous to unborn babies. CMV damages 2 to 3 babies every day in the UK. It causes more birth defects and deaths than Down's syndrome, Toxoplasmosis, Spina Bifida or Rubella.

CMV infection before birth is known as congenital CMV. This happens when a mother is

infected with CMV and it passes through to her unborn baby.

About one third of women who become infected with CMV for the first time during pregnancy pass the virus to their unborn babies. Symptoms can be mistaken for a cold and healthy adults will often not even realise they've contracted it.

About 1 of every 5 children born with the virus will develop permanent problems due to the infection - nearly 1000 babies every year. These problems include hearing loss, physical and motor impairment, seizures, autism, learning difficulties and visual impairment.



HOW CAN I REDUCE MY CHANCES OF GETTING CMV?

Congenital CMV is one of the most common causes of birth defects, but there are ways you can reduce the risk to your unborn baby.

The main reason pregnant women catch CMV is from the bodily fluids that small children are so good at spreading around. So women who work with children, or who have a family already, need to be especially careful during pregnancy.

Although it may be hard to avoid all possible exposures to CMV, by making a few recommended changes while you are pregnant, you can help protect your unborn baby from infection.

The chance of getting a CMV infection from casual contact is very small.

DON'T SHARE

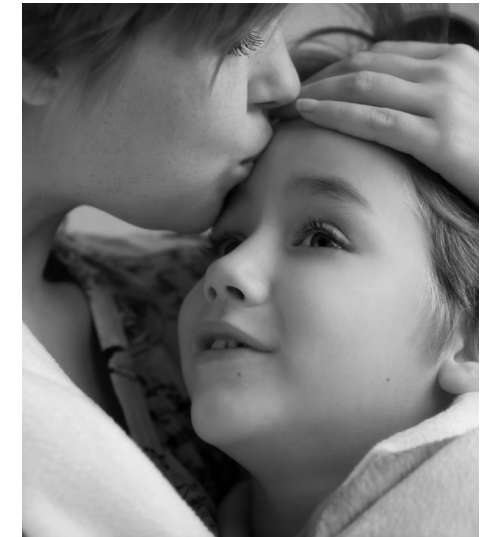
- Avoid putting things in your mouth that have just been in a child's mouth. When possible, try not to share food, cups, or cutlery with your child or put their dummy in your mouth.

- Avoid kissing on the mouth. Kiss on the head or give them a big hug instead.

WASH WITH CARE

- Clean your hands after touching a child's urine or saliva. For example, try to make a habit of cleaning your hands after changing a nappy, feeding a child or wiping a child's nose or mouth.
- Wash your hands well for 15 to 20 seconds with soap and water. If you do not have access to soap and water, use hand sanitiser.
- Wash any items which may have been in contact with a child's saliva or urine.

Research into a vaccine is under way. In the meantime, taking these precautions when you can is the best way to protect your baby.



CMV IS A COMMON VIRUS THAT CAN BE DANGEROUS TO UNBORN BABIES AND IS A LEADING CAUSE OF BIRTH DEFECTS

DON'T SHARE: AVOID SHARING FOOD, DRINKS, CUTLERY OR DUMMIES. KISS ON THE HEAD OR GIVE THEM A BIG HUG INSTEAD