

What will your toddler bring home from nursery today?



Artwork?



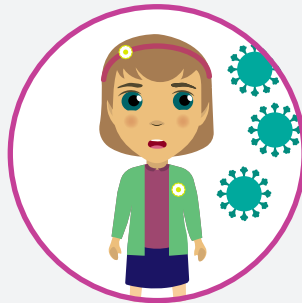
Friend's coat?



Grazed Knee?



Dirty Clothes?



The CMV Virus?

What Families and Childcare Providers Need to know about **CMV**

CMV Infection During Pregnancy Can Harm Your Baby

Cytomegalovirus, or CMV, is a common virus that can infect people of all ages. Most healthy adults and children who are infected with CMV will have no signs or symptoms and no harmful effects.

However, when a pregnant woman catches CMV, she can pass the virus to her unborn baby.

CMV infection before birth is known as “congenital CMV” and can potentially cause physical impairments, learning disabilities and/or damage to the inner ears.

2 to 3
babies
every
day



will be damaged by CMV

That's almost
1000 babies
every year
in the UK



Congenital CMV is the leading non-genetic cause of childhood hearing loss.

CMV is spread via bodily fluids and research shows that most pregnant women catch CMV from the urine or saliva of young children.

An infected person can pass the virus to another person even though they do not appear sick, and for months after they first become infected.

Studies have shown that as many as

75%

of toddlers have CMV in their urine or saliva.

What Families and Childcare Providers Need to know about CMV

Women who work closely with children in childcare settings may be at greater risk of catching the CMV virus than those who don't work in such settings.

Women who have children who attend nurseries are at greater risk of catching the CMV Virus.

Some simple hygiene precautions in the care setting or at home can reduce your risk of catching CMV:



Wash hands often with soap and water, especially after:

- Changing nappies
- Feeding a young child
- Wiping a young child's nose or mouth
- Handling children's toys



Avoid sharing food, drinks, cutlery, toothbrushes or anything that has been in a child's mouth



Avoid kissing children on the face or mouth. Kiss on the forehead or give them a big hug instead.



Use soap and water or a disinfectant to clean toys, changing tables and other surfaces that may have a child's saliva or urine on them.



CMV Action is the national charity raising awareness of congenital CMV. More information and support can be found at www.cmvaction.org.uk



0808 802 0030



info@cmvaction.org.uk



cmvaction.org.uk