

## Want to know more?

- talk to your doctor for advice that is specific to you
- visit CMV Action ([www.cmvaction.org.uk](http://www.cmvaction.org.uk)) for resources, support and to connect with other people who have congenital CMV
- check out the National CMV Foundation ([www.nationalcmv.org](http://www.nationalcmv.org)) for up to date information and support

You're not alone in this journey!  
There are lots of people and organisations ready to support you!



## Remember

You're unique and amazing! Keep being your awesome self! CMV does not define you.



## Other ways to read this leaflet

Please email us at [imperial.communications@nhs.net](mailto:imperial.communications@nhs.net) if you need to read this leaflet in a different way. That might be large print, Easy read, as a sound recording, in Braille or in a different language.

## Congenital CMV

### What is congenital CMV?

Cytomegalovirus (CMV) is a common virus. You were born with it.

### What does it mean for me?

Congenital CMV affects everyone differently. You might have some problems with your health, or you might have none at all.

CMV can affect different parts of your body:

- hearing might be difficult for you
- you might have some eye problems
- you might learn or think in a way that is different from other people
- you might have some difficulty with movement or coordination



**Remember:** you will not definitely have these symptoms! Some people have them and some people do not.

If you see a doctor or health worker, tell them about your congenital CMV. You should also tell them about any treatment you've had for congenital CMV. You can show them this leaflet.

## My treatment

You might have been treated with a medicine called an antiviral. This treats the infection.

If we gave you an antiviral, you can write it here so that you remember.

I was treated with an antiviral medication:

yes

no

Name of my medication: .....

## Taking care of yourself

- regular check ups - make sure you do not miss any appointments with your doctor
- if you have hearing tests make sure you do not miss any of them
- if you have eye tests - make sure you do not miss any of these either!
- school - ask for help at school if you need it, that's what teachers are there for
- stay healthy and active - exercise and eat a balanced diet
- have your vaccinations



## My team

Doctors and nurses:

.....  
.....  
.....

Hearing team:

.....  
.....  
.....

Eye team:

.....  
.....  
.....

Therapy team:

.....  
.....  
.....

Teachers:

.....  
.....  
.....

Others:

.....  
.....  
.....

**How to get in touch with us**

- email: [family.clinic@nhs.net](mailto:family.clinic@nhs.net)
- phone: 02033126349

