



## Want to know more?

- talk to your doctor
- [www.cmvaction.org.uk](http://www.cmvaction.org.uk)
- [www.nationalcmv.org](http://www.nationalcmv.org)

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!

## 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 an infection. You were born with it.

### What does it mean for me?

CMV is different for everyone.

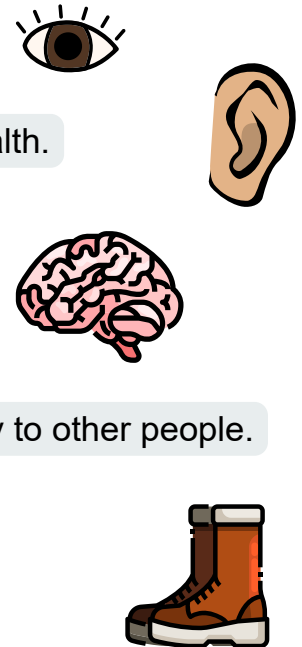
You might have no problems with your health.

You might find hearing difficult.

You might have some eye problems.

You might use your brain in a different way to other people.

You might find some movement difficult.



If you go to the doctor, you can show them this leaflet.

## My treatment

We might have given you a medicine called an antiviral. This helps the infection.

If we gave you this medicine, you can write it here so that you remember.

I was treated with an antiviral medication:

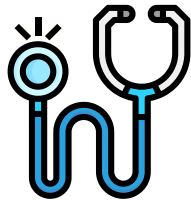
yes

no

Name of my medication: .....

## Taking care of yourself

- ★ go to all your doctors appointments!
- ★ if you have hearing and eye tests, go to all of them!
- ★ ask your teachers for help at school!
- ★ eat a balanced diet!
- ★ have your vaccinations!



## My team - everyone's names

Doctors and nurses:

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Hearing team:

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Eye team:

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Therapy team:

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Teachers:

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Others:

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**How to talk to us**

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