

CMV The common infection that devastates lives

Congenital CMV is a common virus that can be dangerous to unborn babies

CMV or cytomegalovirus
 (si-to-MEG-alo- vi-rus)
 is a common virus that that can infect anyone



2 to 3 babies
 everyday



will be damaged by CMV

That's almost
1000 babies
 every year
 in the UK

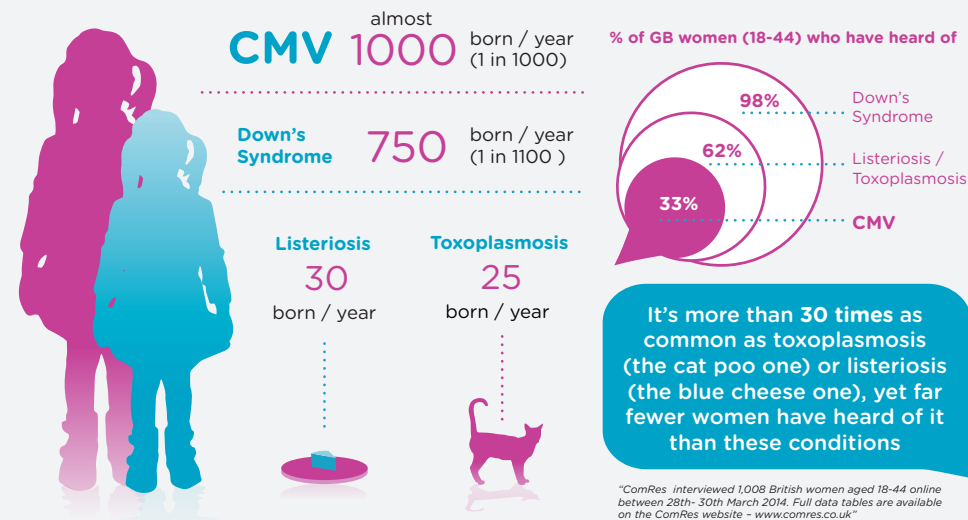
Most people won't even know they have CMV but if a pregnant women contracts the virus she can pass it on to her unborn child with catastrophic results

CMV was discovered in the 50's but there is still no vaccine



- 1956** CMV discovered by the same research team that discovered polio, mumps and rubella
- 1984** First published research on a CMV vaccine
- 2000** In the USA a detailed report states that a CMV vaccine would be highly cost effective
- 2009-2012** Promising results for two different kinds of CMV vaccine
- TODAY** We have vaccines for polio, measles, mumps and rubella but CMV has been left behind
- 2021** **Can we get a vaccine to pension CMV off before it reaches 65?**

CMV is a leading cause of birth defects in the UK



CMV is the leading preventable cause of hearing loss in babies

Types of disabilities:



5 out of every 1000



CMV infection is responsible for around **25%** of **childhood hearing loss**

5 out of every 1000 born with CMV will die at birth or in their first year of life

CMV can also cause miscarriage or stillbirths in pregnant women

Other disabilities include:



Cerebral palsy, epilepsy



Physical impairment



Vision loss



ADHD, behavioural and learning difficulties

CMV is spread through bodily fluids, especially by small children

A lot of small children catch CMV, especially those who attend nurseries. **Women who work with children or who have a family already need to be especially careful during pregnancy**



CMV is spread through bodily fluids and the chance of getting a CMV infection from casual contact is **very small**



About one third of women who become infected with CMV for the first time during pregnancy pass the virus to their unborn babies



The main way women catch CMV is from the **saliva** and **urine** of small children

Risk of catching CMV can be reduced by simple hygiene precautions

It's hard avoiding every exposure but making a few changes where possible can help protect your baby

DON'T SHARE



Avoid sharing food, drinks, cutlery or dummies with anyone

WASH WITH CARE

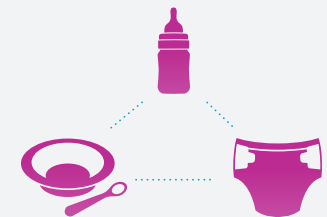


Wash hands and any items that have come into contact with bodily fluids with soap and water e.g. after feeding, wiping nose, changing nappy

The CMV virus is destroyed by soap and water



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



CMV  **Action**
EDUCATE • VACCINATE • ERADICATE