

# CMV

## Antenatal and Neonatal Care

### Prevention advice



Experts recommend advising **all** pregnant women:

#### DON'T SHARE

Avoid putting things in your mouth that have just been in a child's mouth e.g. food, cups, utensils, dummies

Avoid getting saliva in your mouth when kissing a child by trying to give more kisses on the head instead of the lips

#### WASH WITH CARE

Wash hands 'when things get messy' e.g. after feeding a child, wiping a child's nose/ mouth or changing a nappy

Wash any items that may have been in contact with bodily fluids

Advising women to **try** and follow precautions **when they can** makes it more realistic and approachable

### Symptoms in mother



Flu-like symptoms



Enlarged lymph nodes



Lack of energy



Enlarged liver/spleen



Fever



Abnormal liver function tests



Rash (though rarely)

### Signs in fetus



Intrauterine growth restriction



Microcephaly (small head)



Intracranial calcifications

## Action in pregnancy



Reassure mother: CMV is not easy to catch and maternal infection does not always cause disabilities (<10%)

Serological screening for CMV should be offered in severely SGA (small for gestational age) fetuses

If the mother is showing the listed symptoms, and other causes are ruled out, you could refer to maternity unit for assessment

If supported by your Trust, serological screening for CMV could be carried out on request

## Signs in newborn



- › Lots of very small (1-2mm) red or purple spots (called petechiae)
- › Larger (2-8mm) red or purple dome shaped spots
- › Low birth weight
- › Anaemia
- › A head significantly smaller than other babies (microcephaly)
- › Enlarged liver and spleen (hepatosplenomegaly)
- › Yellow skin (jaundice)
- › Pneumonia (rarely)
- › However most babies will have no obvious signs at all

## Action at birth



- › Samples MUST be obtained within the first 21 days of life to confirm a CMV diagnosis
- › Testing can be done through urine or saliva: check pathways in your area.
- › Treatment with antivirals can prevent hearing loss getting worse
- › Early diagnosis ensures babies are monitored for problems

Test method:

---

## Useful contacts



CMV Action: 0808 802 0030  
Email: [info@cmvaction.org.uk](mailto:info@cmvaction.org.uk)  
Web: [www.cmvaction.org.uk](http://www.cmvaction.org.uk)

Local Fetal Medicine Expert:

---

Local Paediatric Infectious Disease Specialist:

---