

Routine serological screening for CMV in pregnancy is not recommended, as past infection with CMV does not mean complete protection against reinfection or congenital CMV.

Pre-pregnancy or early pregnancy screening may be considered for women who are at high risk of CMV infection.

The need for screening for CMV should be discussed between healthcare providers and patients on an individual basis.



Learn more about CMV

SA Health

sahealth.sa.gov.au/cmvm

Congenital CMV Association of Australia

www.cmv.org.au

**Women and Children's Health Network,
Child and Youth Health**

www.cyh.com



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Prevent CMV during pregnancy



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Cytomegalovirus (CMV) is a common virus that can be passed from person-to-person, usually through close contact.

Women who are infected with cytomegalovirus (CMV) while pregnant may pass the virus to their unborn baby. If infected, some of these babies may have serious health problems.

The most common sources of CMV infection are young children, as they are more likely to shed high levels of the virus in their saliva, urine or nasal secretions for long periods.

You can reduce your exposure to CMV by following simple hygiene measures.

✗ Avoid sharing with young children less than 3 years of age:



Food



Utensils



Dummies



Cups/water bottles



Toothbrushes

✗ Avoid saliva when:



Kissing a child

✓ Clean often with a simple detergent:



Toys



Counter tops and other surfaces

✓ Practice good hand hygiene and washing when:



Wiping noses



Changing nappies



Toileting