



Prevent CMV during pregnancy



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 source of CMV is young children, as they are more likely to shed high levels of the virus in their saliva, urine or nasal secretions for long periods.

REDUCE YOUR RISK OF CMV INFECTION

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

✗ Avoid saliva when:



Food



Utensils



Dummies



Cups/water bottles



Toothbrushes



Kissing a child

✓ Clean often with a simple detergent:

✓ Practice good hand hygiene and washing when:



Toys



Counter tops and other surfaces



Wiping noses



Changing nappies



Toileting

