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.

Learn more about CMV at sahealth.sa.gov.au/cmv
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
- Kissing a child

Avoid saliva when:
- Changing nappies
- Toileting

Clean often with a simple detergent:
- Toys
- Counter tops and other surfaces
- Wiping noses

Practice good hand hygiene and washing when:
- Changing nappies
- Toileting