



# Preventing 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.

**Learn more about CMV at [sahealth.sa.gov.au/cmV](https://sahealth.sa.gov.au/cmV)**



**Government of South Australia**

SA Health

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



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