

Discuss the risk of CMV and congenital CMV with patients who are pregnant or plan to become pregnant.

Please visit these sites for more information:

[www.cdc.gov/cmV](http://www.cdc.gov/cmV)

[www.nationalcmv.org](http://www.nationalcmv.org)

# Cytomegalovirus (CMV)



Iowa Department of Public Health  
Newborn Screening Programs  
1-800-383-3826

## Information for Healthcare Providers

## Incidence

- Congenital CMV is the most common viral cause of birth defects and developmental disabilities in the US.

About 1 in 150 children are born with congenital CMV

1 in 5 children with CMV will develop permanent problems such as hearing loss or developmental disabilities

More than 5,000 children each year have permanent problems caused by congenital CMV

In the United States, about 30,000 children are born with congenital CMV each year

## Transmission

- Anyone can become infected with CMV, but close contact with children less than three years of age increases the chance of exposure to CMV.
- The virus is generally passed from infected people to others through direct contact with bodily fluids such as urine, saliva, blood, tears, mucus or other fluids.

## Preventative Measures

- The best way to prevent CMV is to practice good hygiene.
- Regular handwashing is recommended after changing diapers, feeding a young child, coming in contact with saliva or tears or handling toys.
- Do not share food, drinks, utensils or toothbrushes with young children.
- Clean surfaces that come in contact with children's bodily fluids.

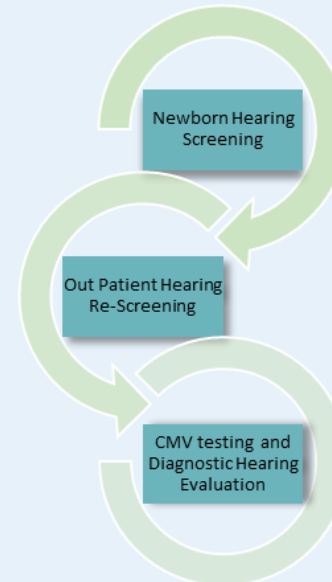


## Birth Defects Caused by CMV

- Children born with congenital CMV may develop permanent medical conditions such as deafness, blindness, intellectual disabilities, weakness, seizures and in some cases CMV may result in death.
- Some infants without signs of CMV at birth may later develop hearing loss.



## Diagnosis and Intervention



• If a baby doesn't pass their first newborn hearing screening it is important to have an outpatient hearing screening done before 10 days of age.

• If the baby doesn't pass the outpatient hearing screening the baby should be scheduled for a diagnostic hearing evaluation and be tested for congenital CMV immediately.

• CMV testing is a simple and painless process using a urine or saliva sample.

• In order to detect congenital CMV, testing must be done immediately or before the child is 21 days old.

Antiviral medications, like Ganciclovir and Valganciclovir, may improve hearing and developmental outcomes for infants with congenital CMV

Any baby diagnosed with congenital CMV should have regular hearing and vision tests

If a child has delayed onset of hearing or vision problems from CMV, early detection may improve the outcomes