CMV is a virus spread through urine, saliva, blood, mucus, and tears. CMV often goes undetected. If you are pregnant, talk to your primary care provider about CMV. A newborn diagnosed with cytomegalovirus may develop permanent medical conditions and disabilities such as hearing loss, blindness, cerebral palsy, mental and physical disabilities, and seizures.

**Tips for Pregnant Mothers to Help Prevent CMV in Newborns**

- Avoid contact with saliva when kissing a child
- Do not share a toothbrush
- Do not put a pacifier in your mouth
- Do not share food, utensils, drinks, or straws
- Wash your hands after changing a diaper


For more information: dph.illinois.gov