



## Can you catch CMV from a child born with CMV?

Most children born with congenital CMV (cytomegalovirus) will shed, or release, the virus in their body fluids throughout their toddler and preschool years. However, CMV is a very common childhood virus, affecting 70 percent of healthy children between 1 and 3 years of age.

Daycares, preschools, schools, therapists, churches, and community members should not require a child to be tested for CMV shedding. According to the Centers for Disease Control and Prevention (CDC), screening of children for CMV infection is not recommended, and infected children should not be excluded from school or other settings. Children born with congenital CMV pose no threat to their peers and no more of a threat to those at risk for CMV infection (ie. pregnant women) than would any other child.

### Tips to protect yourself from CMV and other common viruses:

- Avoid contact with saliva when kissing young children. For example, you might kiss on the forehead or cheek rather than the lips.
- Do not put things in your mouth that have been in a child's mouth, including food, cups, utensils, and pacifiers.
- Wash your hands after changing diapers or wiping a child's nose or mouth.

Learn more at [www.NationalCMV.org](http://www.NationalCMV.org)