



THE BEST WAY TO PROTECT YOUR BABY IS TO PROTECT YOURSELF!

Cytomegalovirus (CMV) is a common virus of the herpes family that infects people of all ages.

CMV is one of the few viruses that can pass through the placenta. Once infected, the virus can cause damage to the brain, eyes and/or inner ears of the fetus.

If you are pregnant, planning to become pregnant, or need more information, please contact your physician and visit:

Idaho CMV Advocacy Project

idahocmv.com

Info provided by the National CMV Foundation and the Utah Department of Health

HELPFUL PREVENTION TIPS

CMV IS TRANSMITTED MOST EASILY FROM WET SALIVA TO WET SALIVA

DO NOT SHARE FOOD, DRINKS, TOOTHBRUSHES, ETC. WITH YOUR CHILD

AVOID KISSING A CHILD ON THE MOUTH

DO NOT PUT A CHILD'S TOYS OR PACIFIERS INTO OR AROUND YOUR MOUTH

WASH YOUR HANDS:

- After handling children's toys
- After feeding a child
- After wiping a child's nose or mouth
- After changing diapers