

Cytomegalovirus (CMV)

Dear Parent or Guardian,

You are being provided with this fact sheet:

- Because you or your child may have been exposed to CMV.
 - For informational purposes only.
-

General Information About CMV

What is CMV?

- Cytomegalovirus, or CMV, is a virus.
- It's a common childhood virus.

Who can get CMV?

- Anyone can get CMV.
- Nearly everyone will be infected with CMV during their lifetime. Most people with a healthy immune system will never develop symptoms or become ill.
- Some groups of people who get CMV are at higher risk of getting very sick or developing medical problems, including people who:
 - Have a weakened immune system
 - **Are pregnant.** An unborn child can be exposed to CMV during pregnancy. This can lead to serious conditions, such as hearing loss, vision impairment and varying degrees of intellectual disabilities in the unborn child.
- **People in a higher risk group (see above) should contact their healthcare provider if they think they've been exposed to, or have, CMV.**

What are the symptoms?

- Most young children do not have symptoms.
- Occasionally, older children or adults with CMV have mild symptoms that may include:
 - Fever (American Academy of Pediatrics defines fever as a temperature of 100.4°F [38°C] or higher)
 - Sore throat,
 - Swollen glands
 - Fatigue
- More serious symptoms of CMV include eye, lung, liver, esophagus, stomach, and intestine issues. If any of these symptoms occur, contact your healthcare provider.

How is it spread?

- CMV is found in body fluids such as urine, drool (saliva), blood, and human milk.
- The virus spreads:
 - Through saliva by kissing on the lips or sharing cups or eating utensils.

- When a person touches an object or surface (for example a mouthed toy or diaper) that has the virus on it, does NOT wash their hands, and then touches their mouth, eyes, or nose.
- **During pregnancy or while breast/chest feeding after birth.**

How Do I Know If My Child Has CMV?

- Most infections are not diagnosed because the virus produces few, if any, symptoms.
- However, a healthcare provider may order a test for people who are in a higher risk group.

If you have additional questions or are concerned your child has CMV, contact your healthcare provider. This fact sheet provides general information only.

What If My Child Has CVM?

Notify your child care provider or preschool immediately if your child has CMV.

How is CMV treated?

- There is currently no treatment for CMV infection in a healthy person.
- Antiviral drug therapy may be prescribed for people with a weakened immune system.

How can I help prevent CMV from spreading?

- Stay home when sick.
- Wash hands often, especially after changing a diaper or touching objects that have been in a person's mouth.
- Avoid sharing cups, eating utensils, food, and drinks with anyone who has CMV.
- Thoroughly clean toys and other objects children put into their mouths with soap and water.
- Clean and sanitize household surfaces.
- Adults can avoid contact with children's drool (saliva) by not kissing children on the lips and by not placing children's hands, fingers, toys, or pacifiers in their own mouths.

Does My Child Need to Stay Home from Child Care?

No. Children who have been exposed to, or have been diagnosed with, CMV do not need to stay home from child care, **unless**:

- They have a fever (temperature of 100.4°F [38°C] or higher) along with other symptoms.
- They do not feel well enough to participate in classroom activities (for example: unusually tired; cranky or fussy; or crying more than normal).

Please follow your child care program's sickness policy.

References

American Academy of Pediatrics

Around the Clock Child Care Center Inc. S

- Caring for our Children, Chapter 3 Health Promotion and Protection, 3.6 Management of Illness, 3.6.1 Inclusion/Exclusion Due to Illness
- Caring for Our Children. Chapter 7 Infectious Diseases, 7.7 Herpes Viruses, 7.7.1 Cytomegalovirus (CMV)
- Managing Infectious Diseases in Child Care and Schools, 6th Edition pages 93-94.

Center for Disease Control and Prevention

- About Cytomegalovirus (CMV). <https://www.cdc.gov/cm/overview.html>.