

Are you pregnant or thinking of becoming pregnant?

Learn how you can protect your unborn child from **cytomegalovirus (CMV)**.

CMV is the number one virus that causes birth defects and developmental disabilities, including hearing loss, vision loss, and cerebral palsy.



CMV is an often symptomless virus that is spread through saliva, mucus, and urine. Healthy babies, toddlers, and young children can get CMV from their peers and pass it to a person who is pregnant.

Tips to protect yourself and your unborn baby from CMV:

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

For more information: www.dhs.wisconsin.gov/cyshcn/birthdefects