

Child Care Staff and Cytomegalovirus (CMV)

What You Need to Know



People who work closely with young children may be at greater risk of CMV.

What is cytomegalovirus? *pronounced sy-toe-MEG-a-low-vy-rus*

CMV is a common virus that can affect people of all ages. Most people who are infected have no signs or symptoms – and there are no harmful effects. Others may have flu-like symptoms, such as a fever, sore throat, fatigue, and swollen glands.

Information about pregnancy and congenital cytomegalovirus (cCMV)

For child care staff who are pregnant or who may become pregnant.

When a pregnant person is infected with CMV, they may pass it to their developing baby. A baby born with CMV is said to have congenital CMV. About 1 of every 5 children born with congenital CMV infection will develop permanent conditions. These include hearing loss or developmental disabilities. Healthy infants and children who are infected with CMV after birth rarely have problems.



The best way to help protect babies against CMV, as well as your developing baby, is to follow all the health and infection control procedures already required in child care regulations. These include washing your hands often with soap and water for 15 to 20 seconds:

- before and after diapering and toileting
- before and after feeding a child
- any time you contact bodily fluids, such as saliva and mucus

Caregivers should never share food, drinks, eating utensils, or a toothbrush. Do not put a pacifier in your mouth. Do not kiss a child on or near the mouth or where a child's saliva has been.

Follow health and infection regulations when disinfecting toys, changing tables, and other surfaces.

