



# ARE YOU PREGNANT?

Learn how to protect your unborn baby from CMV (cytomegalovirus), the leading viral cause of 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 their pregnant mother.

## Tips to protect yourself and your unborn baby from CMV:

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

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

