

## CYTOMEGALOVIRUS (CMV) INFECTION

CMV is a common virus; most adults and children come into contact with CMV and have no symptoms or problems. Good hygiene, including frequent handwashing lowers the risk of getting CMV. Some groups, including those with weakened immunity (i.e., chemotherapy, organ transplants or HIV infection) are at special risk for more serious infections. In rare cases, children whose mothers were infected during pregnancy may have birth defects such as hearing loss, mental retardation, and delays in development. The risk is greatest for children born to mothers who are not yet immune to CMV.

**CAUSE:** Cytomegalovirus (CMV), a member of the *Herpesvirus* family

**SYMPTOMS:** Most people have no symptoms. Occasionally, a person may develop temporary symptoms that include fever, sore throat, tiredness, and swollen glands.

**SPREAD:** Through close, intimate contact with saliva or urine of an infected person. CMV spreads easily (usually without symptoms) in child care settings, most often among the children who lack control of body secretions.

**INCUBATION:** Unknown for person-to-person spread; probably from 3 to 12 weeks for infections acquired at birth.

**CONTAGIOUS PERIOD:** Virus may be present in urine or saliva for long periods of time, even in people with no symptoms. Saliva and urine should always be treated as infectious for CMV.



Children known to have CMV should **NOT** be excluded or singled out. Other children may also have CMV present in their saliva or urine. Children should **NOT** routinely be tested for CMV.



1. Practice thorough and frequent handwashing with soap and running water for at least 20 seconds immediately after changing diapers, assisting a child in the bathroom, or having contact with a child's saliva or urine. If hand sanitizers are used, they may only be used after thorough handwashing.
2. Minimize contact with saliva, such as kissing on the lips or hands.

3. Routinely clean and disinfect or sanitize items contaminated with saliva or urine.



**1. Bleach Disinfectant**

- 1/4 cup bleach in a gallon of water
- 1 tablespoon bleach in a quart of water

PREPARE FRESH SOLUTION DAILY.

OR

**2. Commercial disinfectant that is EPA approved**

FOLLOW MANUFACTURER'S DIRECTIONS.



**1. Bleach Sanitizer (Use non-scented)**

- 1 teaspoons bleach in 1 gallon water
- 1/4 teaspoon bleach in 1 quart water

Use test strip to check concentration. Do not rinse. Air dry.

PREPARE FRESH SOLUTION DAILY.

OR

**2. Commercial or food grade sanitizer that is EPA approved**

FOLLOW MANUFACTURER'S DIRECTIONS.

4. Pregnant caregivers, or those considering pregnancy, should be counseled about the potential risks of CMV and the importance of frequent handwashing. These caregivers may want to discuss being tested for CMV with their physician. If they are not immune to CMV, they may want to wear gloves for contact with saliva or urine.



For more information, you or your physician may call the Douglas County Health Department at 444-7214, or your local health department.