Prevention is in your hands.
Reduce the risk of CMV infection during pregnancy.

THE 5 STEPS TO REDUCE YOUR RISK OF INFECTION

- Wash your hands after activities like changing nappies
- Don’t share food, drinks, utensils, and avoid putting a child’s dummy or toothbrush in your mouth
- Avoid contact with saliva, kiss children on their forehead instead of the lips
- Carefully dispose of nappies, used wipes and tissues
- Clean toys that children have had contact with

CMV is the most common virus passed from mother to baby during pregnancy. It is a known cause of deafness and cerebral palsy. Take these five simple steps to reduce your risk of CMV infection during pregnancy.

Search CMV Prevention in Pregnancy to learn more.