

# Prevention is in your hands.

Reduce the risk of CMV infection during pregnancy.

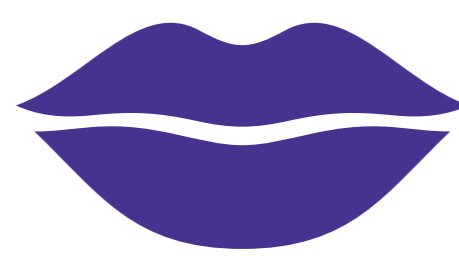
## THE 5 STEPS TO REDUCE YOUR RISK OF INFECTION



Wash your hands after activities like changing nappies



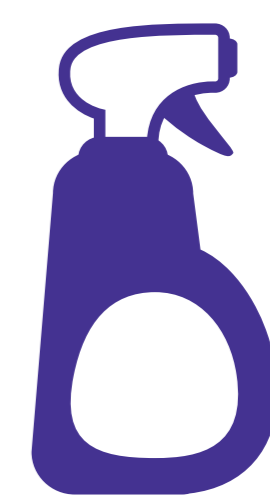
Don't share food, drinks, utensils, and avoid putting a child's dummy or toothbrush in your mouth



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.

An initiative of



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