



Cytomegalovirus, or CMV, is the most common virus passed from mothers to babies during pregnancy. It is known to cause deafness, intellectual impairment and cerebral palsy.

Despite this, CMV remains largely unknown in the community. We're campaigning to change that.

#CMVAwarenessMonth



Every year in Australia around 2000 children are born with CMV, 400 of which go on to have life-long disabilities.

Women who work with or care for young children are at increased risk of CMV, which is spread through contact with bodily fluids.



Less than 20% of pregnant women are aware of CMV and how to reduce their risk of infection

20x

Every day in Australia a child is born with lifelong disability caused by CMV, making it 20 times more common than listeria



Just 1 in 10 maternity professionals routinely discuss CMV with pregnant women in their care

There are simple steps you can take to reduce your risk of CMV infection in pregnancy:



Avoid sharing food, drinks, cutlery, or dummies with young children



Wash hands thoroughly after close contact with urine or saliva of young children



Avoid contact with saliva when kissing a child, try a kiss on the forehead instead



For more information, scan this QR code or search 'reduce your risk of CMV'

