The solution to reducing the risk of CMV during pregnancy is in your hands.

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.
cerebralpalsy.org.au/cmv