

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



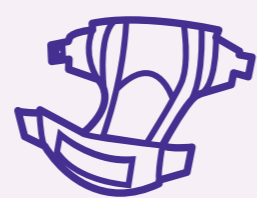
Wash your hands after activities like changing nappies



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

An initiative of



Cerebral Palsy
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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



www.cmV.org.au