

Prevention is in your hands.

An initiative of

Cerebral Palsy
ALLIANCE


www.cmv.org.au

Reduce the risk of CMV infection during pregnancy



How to reduce your risk of CMV in pregnancy

Wash with care



Wash hands carefully, especially after changing nappies and wiping noses

Kiss with care



Avoid kissing young children on the lips, try a kiss on the forehead instead

Don't share



Don't share food, drinks or cutlery with young children and avoid putting a child's dummy or toothbrush in your mouth

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 three simple steps to reduce your risk of CMV infection during pregnancy. **Search *CMV Prevention in Pregnancy* to learn more.**

cerebralpalsy.org.au/cmV

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