An initiative of

Cerebral Palsy ALLIANCE

CMV AUSTRALIA

www.cmv.org.au

Prevention is in your hands.

Reduce the risk of CMV infection during pregnancy

How to reduce your risk of CMV in pregnancy

Wash with care

Wash hands carefully or use alcohol-based hand sanitiser, 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

The first trimester of pregnancy (first 14 weeks) is the most important time to use these strategies.

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 *Reduce Your Risk of CMV* to learn more.**

cerebralpalsy.org.au/cmv