

# 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](http://cerebralpalsy.org.au/cmv)