

## Pregnancy and cytomegalovirus.

What is cytomegalovirus (CMV)?

It's the virus that causes the highest number of infections transmitted from mother to fetus. Pregnant women can be contaminated by the saliva or urine of young children. One in three children carry the virus, with a higher risk if the child is in day care. CMV infection is almost always invisible in the mother.

What are the consequences?

If your first contact with CMV occurs during your pregnancy, your future baby could be infected. In this case, there may be no symptoms at birth. However, in certain rare cases, the child may be seriously affected (deafness, intellectual disability, delayed growth).

**This risk can be easily prevented.**

A simple blood draw to test for CMV\* antibodies will reassure almost half of pregnant women. A negative test means you have never been in contact with the CMV virus and you need to protect yourself in order to protect your baby. You and your spouse or partner must avoid all contact with the urine and saliva of young children in your family and professional circles. To do so:

- Wash your hands carefully any time you are in contact with the urine of small children (diaper changing, potty, etc.)
- Don't taste their bottles or food or lick their spoons
- Don't use their personal items such as toothbrush, washcloth, etc.
- Avoid kissing them on the lips, and avoid contact with their tears or "runny nose".

If your test becomes positive during your pregnancy, it means you have been infected. In certain cases it is possible to diagnose infection in your future baby during pregnancy:

- Your doctor will take the necessary measures
- The pediatrician will arrange for specific monitoring

\* This test is recommended but is not mandatory.