

# What is CMV?



**Cytomegalovirus (CMV)** is a common virus that infects people of all ages.

- CMV spreads from person to person through body fluids, including saliva, urine, and blood. Many of us catch CMV as toddlers, and about 3 out of 4 adults have had CMV by age 40.
- Most healthy people who get CMV have no symptoms. Those who do have symptoms may have a fever, fatigue, sore throat, or body aches.
- Sometimes a pregnant woman will pass CMV to her baby. When a baby is born with CMV infection, it is called congenital CMV (cCMV).
- cCMV is relatively common (1 out of every 200 babies). Most babies born with cCMV will not experience any health issues, but 1 in 4 will either be born with hearing loss or develop a hearing loss during the first few years of life.
- cCMV can also cause other health challenges.



## CMV Testing

- Your baby should be tested for cCMV because they did not pass the newborn hearing screening and need to be scheduled for additional hearing testing. It is important to discuss this testing with your baby's doctor as soon as possible, as cCMV testing must be done within the first 3 weeks of life.
- Testing is completed using your baby's urine or saliva.
- Some babies with cCMV can be given medication to improve their hearing and development.



## What if my baby tests positive for cCMV?

- Keep in mind that testing positive for cCMV is relatively uncommon.
- If the cCMV test is positive, you will work with your child's doctor to come up with a plan. This may include additional testing or appointments with other medical specialists. This should also include a referral for early intervention services so that your child can receive any additional support during their early development. Your baby's doctor will also continue to monitor your child's health, growth, and developmental milestones.





## Questions?

If you want more information about cCMV:

- Talk to your baby's doctor
- Read information from the National CMV Foundation: <https://www.nationalcmv.org> or the U.S. Centers for Disease Control and Prevention: <https://www.cdc.gov/cmV/>
- Email the Maine Newborn Hearing program at [anne.banger@maine.gov](mailto:anne.banger@maine.gov)

**Department of Health and Human Services  
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Adapted from AAP-CO & CO Hands & Voices. (n.d.) *Why is My Baby Being Tested for Congenital CMV Infection?* [Handout]