



## CMV TESTING

### What is it?

CMV (cytomegalovirus) is a virus commonly carried by preschoolers. The virus can be excreted in saliva, urine, and feces. Most adults were infected in childhood and have immunity to the virus.

### Is testing necessary?

A very small percentage of babies born with CMV show adverse effects such as jaundice, high-tone deafness, and eye problems. It may be advisable to determine if you have had exposure, either as a child or recently. It is not routinely tested unless you are in a high risk group.

### How can I prevent CMV exposure?

Be sure to wash hands thoroughly after any contact with saliva, urine, or feces of toddlers, such as when diapering or assisting with nose blowing. Women who have exposure to preschoolers, such as daycare workers and mothers of preschoolers in daycare, should be especially vigilant. Studies have shown that people who applied the principles of good hand washing after diaper changes and who avoided oral secretions, did not become infected with CMV.