



Is your blood CMV Negative?

CMV is a virus that is spread through saliva, mucus, and urine -- and often goes undetected with few or no symptoms. Healthy babies and young children most often contract CMV from their peers and pass it to their pregnant mother.

CMV Negative blood is usually in high demand, used in transfusions for newborns (“baby blood”) and other patients in whom CMV could cause serious health complications.

If you have CMV Negative blood, you need to take extra hygienic precautions during pregnancy to protect against congenital CMV. This infection occurs when a pregnant woman is exposed to CMV and the virus passes from the woman to her unborn child, potentially causing birth defects and other serious developmental disabilities.

Tips to protect yourself and your unborn baby from CMV:

- Avoid contact with saliva when kissing young children. For example, you might kiss on the forehead or cheek rather than the lips.
- Do not put things in your mouth that have been in a child’s mouth, including food, cups, utensils, and pacifiers.
- Wash your hands often, but especially after changing diapers or wiping a child’s nose or mouth.

Learn more at www.NationalCMV.org