

# Cytomegalovirus (CMV)

*The most common infectious cause of birth defects*



## What is CMV?

Cytomegalovirus (CMV) is a common virus. It doesn't usually cause symptoms in healthy people, but it is a risk for pregnant people who can unknowingly transmit CMV to their growing fetus.

## Reduce your risk of getting CMV

CMV is spread through bodily fluids like urine and saliva. It is common for young children to get CMV from other children. They can transmit the virus to parents and caregivers, even when they don't seem sick.

It is especially important for people who are pregnant or thinking about becoming pregnant to take steps to reduce your risk of infection.

## Talk about CMV

Help raise awareness about CMV and congenital CMV by sharing this information with friends, family, and your community.

When a baby is born with CMV the infection is called **congenital CMV**.

In the United States, about **1 out of every 200 babies** is born with congenital CMV.

Congenital CMV is the **most frequent non-genetic cause** of childhood hearing loss.

## For more information:

- ♥ Talk to your health care provider.
- 💬 Call MDH at 651-201-3650 or email [health.cyshn@state.mn.us](mailto:health.cyshn@state.mn.us)



View CMV resources online:  
[health.mn.gov/cm](http://health.mn.gov/cm)

# Take steps to reduce your risk of getting CMV



**Wash your hands with soap and water often**, especially after changing a diaper or wiping a child's nose or mouth



**Do not pass anything from a child's mouth to your mouth** such as a pacifier or toothbrush



**Do not share food, drinks, utensils, or straws**



**Kiss children on the forehead** instead of the lips

**mn** DEPARTMENT OF HEALTH

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