

Congenital Cytomegalovirus (CMV)

A roadmap for families and caregivers



What is congenital CMV?

CMV is a common virus that is spread through contact with bodily fluids like urine and saliva. If a pregnant person gets CMV, the virus can pass through the placenta to the growing fetus. When a baby is born with CMV, the infection is called congenital CMV.

Congenital CMV affects each baby differently. Most babies will never show any signs or symptoms. Around one in five babies with congenital CMV will be born with or develop long-term health challenges. All babies with congenital CMV should have close monitoring of their health, development, and hearing throughout childhood so that any concerns can be found as early as possible.

In this brochure, you will learn about

- Next steps to take after your child is diagnosed with congenital CMV.
- Follow-up testing that helps to guide your baby's treatment and monitoring plan.
- Resources and programs available to you.
- Medical and educational professionals you might involve in your child's care.

Use this brochure as a guide to discuss the tests and supportive services your baby may receive with their primary care provider.



Coordinate with your child's health care providers

Primary Care Provider:

Manages and coordinates your child's medical care. They might connect you with medical specialists who work with young children.

Location:



Phone:

Audiologist:

Performs specialized hearing tests and manages and treats hearing loss.

Location:



Phone:

Ophthalmologist:

Provides specialized medical care for eyes and vision.

Location:



Phone:

Pediatric Infectious Disease Specialist:

Provides specialized medical care for children with infections.

Location:



Phone:

Work on these steps first

- Primary care provider visit**
Discuss your child's CMV test results and recommended follow-up tests and appointments.
Appointment date and time: 
- Laboratory testing**
Schedule and complete any recommended blood testing to check if the virus has affected your baby's organs.
Appointment date and time: 
- Audiologist visit**
Schedule and complete a diagnostic hearing test. This test is recommended even if your baby "passed" their newborn hearing screening.
Appointment date and time: 
- Brain imaging exam**
Schedule and complete a test (usually a head ultrasound) to assess your baby's brain development.
Appointment date and time: 
- Ophthalmologist visit**
Schedule and complete a dilated eye exam to check if the virus has affected an inner part of your baby's eyes called the retina.
Appointment date and time: 
- Pediatric infectious disease specialist visit**
If recommended, schedule and complete an appointment.
Appointment date and time: 

Work on these steps next

- Primary care provider visit**
Review your child's health and development at their 2-month well-child appointment.
Appointment date and time: 
- Local public health nurse visit**
A nurse will contact you to answer your questions and offer supportive resources and referrals.
Phone: 
- Help Me Grow Minnesota referral**
Children with congenital CMV may be eligible to receive free early intervention services. Talk to your primary care provider or visit the Help Me Grow website to get connected with your local school district to discuss next steps.
www.helpmegrow.org 
- Follow Along Program enrollment**
Join this free program to receive support and resources to follow your child's development as an infant, toddler, and young child.
www.health.state.mn.us/mnfap 

It's possible that your baby may need more or fewer appointments, tests, or supportive services. Talk with your providers for recommendations for your child and family.

Work on these steps during the next few months

- Primary care provider visit**
Review your child's health and development at their 4 and 6-month well-child appointments.
Appointment date and time: 
- Audiologist visit**
Complete a second diagnostic hearing test around 4-5 months of age.
Appointment date and time: 

As your baby grows, continue to work on these steps

- Primary care provider visits**
Review your child's health and development at each well-child appointment. 
- Audiologist visits**
Complete testing to monitor your child's hearing and balance. 
A hearing test and balance function screening is generally recommended every 3 months until age 2 years, every 6 months until age 6 years, and annually until age 10 years.
- Local school district visit**
Your local school district will contact you after receiving your Help Me Grow referral. Meet with staff to develop and review any specialized services or programs recommended for your child. 

