



## CYTOMEGALOVIRUS (CMV)

### What is cytomegalovirus?

- Cytomegalovirus is an infection caused by a herpes virus which is harmless to most people

### What are symptoms that could occur?

- Children usually have no symptoms
- Occasionally, older children may develop fever, sore throat, enlarged liver, and a general feeling of not being well
- Vision problem

### How is it spread?

- Through close, direct and prolonged contact with an infected individual's saliva or urine or other bodily fluids

### How is it diagnosed and treated?

- Most infections are not diagnosed because there are no symptoms
- Physician evaluation and laboratory testing are necessary if a diagnosis is required
- There are no treatments available

### Are there complications?

- In developing unborn babies there is risk for congenital CMV disease.
- These risks appear to be **almost exclusively** associated with women who have not been infected with CMV previously who are having **their first infection** with the virus during pregnancy.
  1. Symptoms may range from moderate enlargement of the liver and spleen (with jaundice) to fatal illness. With supportive treatment most infants with CMV disease usually survive. However, from 80% to 90% will have complications within the first few years of life that may include hearing loss, vision impairment, and varying degrees of mental retardation
  2. Another 5% to 10% of infants who are infected but without symptoms at birth will subsequently have varying degrees of hearing and mental or coordination problems

### Should the sick child be isolated?

- There is no need to isolate infected children or adults

### When can the child return to day care or school?

- No reason to exclude a child with CMV from school unless he/she is feeling ill

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**Should schools do special cleaning?**

- Special cleaning is not necessary. Routine cleaning with EPA approved products is recommended.

**If I have any other questions, whom can I contact?**

- Call the Genesee County Health Department at 257-3612

This fact sheet is for information only and is not meant to be used for self diagnosis or as a substitute for consultation with a health care provider. For more information, call your health care provider.