

Am I Immune ?

A blood test will allow you to measure the antibodies against cytomegalovirus (CMV).

Their presence means that the expectant mother has contracted the illness previously. However immunity is never complete.

As there is no CMV vaccine, good hygiene practice is essential to protect the unborn child's health.

Before attempting to conceive, a blood test is recommended. In this case, the test may be refunded by health insurance. During pregnancy, systematic screening is not recommended. It will be done if the doctor or midwife deems it necessary.

Cytomegalovirus and professional activity

If you are in contact with children due to your work, occupational medicine services can possibly take protective measures such as work arrangement, ...

Ask your employer or the occupational medicine services.



CYTOMEGALOVIRUS

PRECAUTIONS TO TAKE DURING PREGNANCY

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CYTOMEGALOVIRUS

PRECAUTIONS (TO TAKE) DURING PREGNANCY



What is cytomegalovirus ?

Cytomegalovirus or CMV is a virus that causes mild illness. It often goes unnoticed in a healthy person. Young children are often car-riers of CMV .

Symptoms are similar to those of a cold or flu (fever, fatigue, muscle aches).

If the disease is contracted during pregnancy, the virus can affect the baby.

Sometimes it can cause hearing loss and deve-lopmental delay.

CMV is contagious. It is mainly transmitted by contact with :

- body fluids : tears, saliva, nasal secretions, stool, urine, blood, ...
- objects soiled by those secretions (dishes, clothes, toys, pacifier)

What precautions should I take ?

Hygiene measures can help limit contact with body fluids of the young child. These measures apply to the future mother and her profes-sional and family circle (partner, children...).

These precautions are RECOMMENDED during the entire PREGNANCY

PRECAUTIONS TO TAKE

CYTOMEGALOVIRUS is DESTROYED by SOAP and WATER



→ **Clean your hands after any contact with a child's body fluids :**

- after diaper changing
- after contact with clothes soiled by urine or stool
- after cleaning your child's nose or wiping his/her tears
- after helping the child going to the toilet



→ **Wash worktops and other surfaces soiled by body fluids**

→ **Wash toys soiled by body fluids**



→ **In case of hand or finger injury , put on gloves or a waterproof bandage while diaper changing**



THINGS TO AVOID

- Putting a child's pacifier in your mouth
- Tasting the baby bottle
- Eating from the child's plate, using his cutlery or tasting his food with the same spoon.
- Drinking from a child's glass
- Sharing food (ice cream, ...)
- Kissing the child on the mouth
- Using the same personal care items (toothbrush, towel, washcloth, ...)