

## What are the precautions to be taken?

If your job requires you to be in contact with young children, you will generally benefit from a measure keeping you away from them.

Ask your employer or occupational medicine.

These are the mothers of young children who must take more precautions.

However, when you come into contact with a child, remember the following:

- Wash your hands every time you have been in contact with secretions.
- Wash your hands every time that you changed the baby. If you have a sore hand, wear gloves and a waterproof bandage at the time of the change.
- Wash your hands after blowing or wiping a child's saliva
- Wash your hands thoroughly after having helped to the toilet.

- Never taste a bottle of a baby, do not put his pacifier in the mouth.

- Do not eat with utensils of the child or on his plate.

- Do not drink the same glass.

- Do not share ice cream.

Avoid contact with secretions of young children.

Wash your hands!

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Avec le soutien de la Communauté française  
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ONE

## The CYTOMEGALOVIRUS



What is the cytomegalovirus?

How to know if you are immunized?

What are the precautions to be taken?

Traduction en Anglais

## What is the cytomegalovirus?

Cytomegalovirus is a virus that causes a disease usually benign but it may, if it is contracted during pregnancy, reach the fetus (mental retardation, hearing impairment).

It is transmitted mainly by urine, saliva and all secretions (tears) of young children

## How to know whether you are immune?



If you have had the disease previously, you are normally protected against further infection. To find out, a blood test will be necessary to measure your rate of antibodies.

In case of pregnancy if your levels of anti-bodies is insufficient, precautions have to be taken (see reverse).

In addition, a blood test will be regularly performed to detect potential contamination by the cytomegalovirus.

In cases where the disease is contracted during pregnancy, you will be directed to a dedicated team that will check if your child suffers from cytomegalovirus.

