



Cytomegalovirus (CMV)

Your child may have been exposed to CMV. CMV (cytomegalovirus) is a common virus that infects most people, but rarely causes illness.

If you think your child has CMV:

- Tell your childcare provider or call the school.
- Children infected with CMV do **not** need to stay home from childcare or school.
- For more information, call Hennepin County Epidemiology at 612-543-5230 or your local health department.

Parent/Guardian information

Symptoms

Most people have no symptoms. Very rarely, a person may develop symptoms including fever, sore throat, tiredness, and swollen glands.

Spread

- By having contact with saliva, urine, blood, or other bodily fluids of a person infected with CMV.

Contagious period

Virus may be in urine, saliva, or other bodily fluids for long periods of time.

Call your health care provider

If anyone in your home has symptoms of CMV.

Prevention

- Wash hands often, but especially after using the toilet, changing diapers, touching secretions from the nose or mouth, before preparing food, and before eating. Your child may need help with handwashing.

Hennepin County Public Health
Epidemiology
612-543-5230
epi-envhlth@hennepin.us

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- Using a product that kills germs, clean and disinfect objects that come in contact with urine or saliva.
- Minimize contact with children's saliva. Avoid kissing their lips or hands.
- Do not have mouth contact with items contaminated with saliva.

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