

# Cytomegalovirus (CMV)

## What CMV is

**Cytomegalovirus (sy-to-MEG-a-lo-vi-rus)** is a virus from the same family as herpes. In children and adults, CMV causes:

- A high fever
- Sore throat
- Swelling in the neck

Most people who get CMV are between 15 and 17 years old. But anyone can get it.

## How you can get CMV

You can get CMV through:

- Saliva (spit)
- Having sex with someone with CMV
- Coughing and sneezing
- Getting blood from someone with CMV

If you have CMV during the first half of the pregnancy, there's a greater chance you could give CMV to your baby.

## How CMV can hurt your baby

If your baby is born with CMV, he can have:

- Hearing loss
- [Learning disabilities](#)
- Heart problems
- Problems with his eyesight
- Seizures

## Newborns with CMV often:

- Weigh less than normal
- Have a liver and spleen that are bigger than normal
- Have jaundice, where the baby's skin is yellow
- Have spots on their skin

## How you can protect yourself and your baby against CMV

There's not much you can do about CMV. You could have CMV and not know. That's because the symptoms are mild. About half of adults have had CMV once without knowing it.

But if you're thinking of having a baby:

- **Ask your doctor to test you for CMV.**
- If you haven't had CMV already, **try to avoid being around people who have CMV.**



