



CMV AWARENESS MONTH SOCIAL MEDIA POSTS

Social media platforms offer individuals and groups opportunities and forums to share personal experiences, discuss critical public health issues, like congenital CMV, and share awareness, education and prevention information. Looking for something to say during awareness month to increase visibility amongst your community and network? Please feel free to pull from each and every sample message below!

- June is CMV Awareness month. @NationalCMV brings public awareness to congenital CMV as a public health priority through education and research. Join me in supporting @NationalCMV! #cmvawareness #stopcmv #screen4cmv
- June is CMV Awareness month. @NationalCMV brings public awareness to congenital CMV as a public health priority through education and research. Join me in supporting @NationalCMV! <https://www.nationalcmv.org/get-involved/donate> #cmvawareness #stopcmv
- Congenital CMV is the most common viral infection, and leading non-genetic cause of hearing loss, that infants are born with in the United States. Every pregnant woman is at risk of acquiring CMV. And only 9% of women know about it. Get CMV Aware today - <https://www.nationalcmv.org/overview/start-here>. #cmvawareness #stopcmv #screen4cmv
- Spread the word, not the virus. 5 Simple Tips to Help Prevent CMV - do not share food, utensils, drinks or straws, do not put a pacifier in your mouth, avoid contact with saliva when kissing a child, do not share a toothbrush, wash your hands. #cmvawareness #stopcmv #screen4cmv
- Congenital CMV, the #1 viral cause of birth defects, isn't on the #RUSP. Let's vow to change that. Sign the petition today. Screen4CMV.org #cmvawareness #stopcmv #screen4cmv
- Join us and PLEDGE to put congenital #CMV on the Recommended Universal Screening Panel (#RUSP) to identify at-risk babies at birth and help improve developmental outcomes. Visit Screen4CMV.org to sign the petition today! #stopcmv #screen4cmv
- June is CMV Awareness Month. CMV can cause devastating, long-term effects if the virus is transmitted to a baby in utero. Please share/repost this video to inform others about CMV so together, we may call for action to eliminate congenital CMV. Inform. Engage. Advocate. https://www.youtube.com/watch?v=JjBGeX5-A_Y&t=1s #cmvawareness #stopcmv #screen4cmv

- #CMV is present in many body fluids, including urine, saliva, tears, mucus. Pregnant women with toddlers and/or who work in a health or childcare setting, may be at increased risk. Learn simple tips to prevent #CMV infection before or during pregnancy. #cmvawareness <https://www.nationalcmv.org/overview/prevention-tips>
- If you ask for an IgG/IgM antibodies test before or during pregnancy, or you ask for your newborn to be screened for congenital #CMV, and you are refused, ask your doctor to document their refusal in your chart. #advocacy #cmvawareness #stopcmv
- Children with congenital CMV should have regular hearing and vision checks and may be eligible for early intervention services to help develop language, social, and communication skills. #advocacy #cmvawareness
- June is CMV awareness month. Congenital cytomegalovirus (#CMV) is common, serious, and preventable. It's the #1viral cause of birth defects and 91% of women don't know about it. Spread the word, not the virus. <https://www.nationalcmv.org/overview/prevention-tips> #cmvawareness #stopcmv

Please join us in posting congenital CMV awareness and education information throughout the month. Direct any questions to june@nationalcmv.org.

Thank you!