A 2016 Centers for Disease Control and Prevention (CDC) survey reported that only 9% of women had heard of CMV (cytomegalovirus), and very few were aware of prevention measures against the virus. The American College of Obstetricians and Gynecologists (ACOG) and the CDC have recommended that OB/GYNs counsel women on basic prevention measures to guard against CMV infection, but only 44% of OB/GYNs reported counseling their patients about preventing CMV, according to a 2007 survey.

US CHILDREN BORN WITH OR DEVELOPING LONG-TERM MEDICAL CONDITIONS EACH YEAR

Source: http://www.cdc.gov

Women's Awareness of Conditions Affecting Children

Source: http://www.cdc.gov

PREVENTING CMV AMONG PREGNANT WOMEN

CMV is a very common virus in young children, and it is estimated that up to 70% of healthy children between 1 and 3 years of age may have CMV.

Simple steps to prevent exposure to saliva and urine might contain CMV:

- Wash your hands often with soap and water for 15-20 seconds, especially after changing diapers, feeding a young child, wiping a young child's nose or drool, and handling children's toys.
- Do not share food, drinks, or eating utensils with young children.
- Do not put a child's pacifier in your mouth.
- Do not share a toothbrush with a young child.
- Avoid contact with saliva when kissing a child.
- Clean toys, countertops, and other surfaces that come into contact with children's urine or saliva.

Through the efforts of National CMV to educate national legislators and regulators on the importance of CMV prevention, the United States Senate passed legislation recommending that "more effort be taken to counsel women of childbearing age of the effect this virus can have on their children." The United States Senate designated June as “National Cytomegalovirus Awareness Month” in both 2011 and 2012.