HOW CAN I PREVENT CMV?
Contact with the saliva or urine of young children is a major cause of CMV infection among pregnant women, especially mothers, daycare workers, preschool teachers, therapists, and nurses.

5 SIMPLE STEPS TO PREVENT CMV

- Avoid contact with saliva when kissing a child
- Do not share a toothbrush
- Wash your hands after changing a diaper
- Do not share food, utensils, drinks, or straws
- Do not put a pacifier in your mouth

WAYS OF GIVING
www.nationalcmv.org

With your support, the National CMV Foundation is leading the charge to prevent pregnancy loss, childhood death, and disability due to congenital cytomegalovirus.

CONNECT WITH US!

@nationalcmv
@nationalcmv
National CMV Foundation
info@nationalcmv.org
OUR MISSION:
To prevent pregnancy loss, childhood death, and disability due to congenital cytomegalovirus (cCMV).

WHO WE ARE:
Parents, scientists, and activists guided by leadership, passion, innovation, excellence, and integrity, working collaboratively to stop CMV.

WHAT IS CYTOMEGALOVIRUS (CMV)?
CMV (sy-toe-MEG-a-low virus) is a cold-like virus that is harmless to most people. If a pregnant woman catches the virus, it can pass to the growing baby. This is called congenital CMV (cCMV).

Congenital CMV/cCMV is a leading cause of childhood hearing loss and developmental disabilities in US children. 1 in 200 infants in the United States are born with cCMV and 1 in 5 will have a permanent disability or health condition due to cCMV.

OUR STRATEGIC GOALS:

RAISE AWARENESS THROUGH ADVOCACY
We advocate for congenital CMV prevention, screening, and tracking at local, state, and national levels.

ACCELERATE MISSION-DRIVEN RESEARCH
We support cutting-edge research focused on congenital CMV prevention, vaccine development, early detection, and treatment.

TARGET EDUCATION PROGRAMS
We work to educate women, families, healthcare providers, and policymakers about congenital CMV.

GROW RESOURCES IN SUPPORT OF THE MISSION
We raise funds to support our advocacy, education, and research efforts in hopes of preventing death and disability due to cCMV.

DEMONSTRATE COMMITMENT TO DIVERSITY, EQUITY, AND INCLUSION
We address disparities related to congenital CMV through research, advocacy, and training.