



CYTOMEGALOVIRUS (CMV)

Your child may have been exposed to this disease on _____.
Date(s)

Please watch your child for symptoms through _____.
Date

If your child has symptoms, please contact your child's healthcare provider.

If my child has this disease, when can he or she return to school or child care?

A child with cytomegalovirus (CMV) must **wait to return to school when they feel well enough to participate in school activities.**

Cytomegalovirus (CMV) is a common virus that infects people of all ages. This can be a serious illness for pregnant women and their infants, and for people with immune system problems that make it hard to fight off infection.

Most people infected with CMV have "silent" infections with no signs or symptoms.

Those who do get sick may have:

- Fever
- Fatigue
- Sore throat
- Swollen glands

If a person gets sick, it usually starts 3 to 8 weeks

What can I do now?

A child with a weakened immune system or a pregnant woman who has been exposed to this illness and has symptoms should contact the doctor immediately.

Watch your child for symptoms of this disease. Call your child's doctor or health care provider if your child is sick.

If your child gets sick, prevent others from getting ill by:

- Keep your child at home if they have a fever.
- Wash hands frequently
- Clean items and surfaces, such as toys, doorknobs, and tables, that have been in contact with body fluids, such as saliva or urine.

after a person is exposed to the virus, but it can take up to 12 weeks.

How is cytomegalovirus (CMV) spread?

- Contact with infected body fluids, commonly saliva or breast milk
- From a pregnant woman to her baby
- Organ or blood transplants
- Sexual contact

A person can spread the virus on-and-off for up to 5 or 6 years because the virus can remain dormant or asleep in the body.