Congenital Cytomegalovirus (CMV)

Colorado’s Story
1 in 3
pregnant women who become infected with CMV will pass the virus to their unborn child.
Cytomegalovirus (CMV)

CMV: cytomegalovirus is a very common virus. The majority of adults carry the virus by the time they are 40 years of age and carry the virus for life (usually in a dormant or inactive state). **CMV can cause significant problems in a newborn if the mother gets the infection during pregnancy.**

About 10% of babies who are infected with the CMV virus before birth (congenital CMV infection) will have some abnormalities.
What Symptoms Should I Look For?

Usually, CMV does not cause symptoms or only causes mild symptoms. Symptoms of CMV can include:

- Sore throat
- Swollen lymph nodes (lymph glands)
- Fever
- Headache
- Fatigue
- Weakness
- Muscle aches
- Loss of appetite
How Does the Virus Spread?

CMV is spread from one person to another, usually by direct and prolonged contact with bodily fluids, including:

• Saliva
• Urine
• Breast milk
• Semen

**This only happens when the person with the virus has an active infection (not dormant).
Prevention

HOW DO I PREVENT BECOMING INFECTED?

Make sure you wash your hands after:
• Changing diapers
• Feeding a child
• Wiping a child’s nose or mouth
• Handling a child’s toy
Colorado Cases

CMV IS A REPORTABLE CONDITION TO CRCSN

Reported cases of CMV by year

<table>
<thead>
<tr>
<th>Congenital CMV</th>
<th>2014</th>
<th>2015</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>ICD-9: 771.1</td>
<td>8</td>
<td>6</td>
<td>14</td>
</tr>
<tr>
<td>ICD-10: p35.1</td>
<td>n/a</td>
<td>5</td>
<td>5</td>
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<tr>
<td>Birth Population</td>
<td>65,815</td>
<td>66,566</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>8</td>
<td>11</td>
<td>19</td>
</tr>
</tbody>
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**2016 cases: 12 incomplete**
CMV Intervention

OPPORTUNITIES FROM SCREENING

• The gold standard for the diagnosis of congenital CMV infection is positive results for viral isolation from urine and/or saliva collected during the first 3 weeks of life.
  ** Not suitable for large scale screening

• As an alternative, dried blood spots (DBS) polymerase chain reaction (PCR) assays are getting more and more attention, because specimens can be collected routinely and preserved easily; and because PCR can be automated.
  ** Requires larger volume of blood than normal dried blood spot-used for retrospective research such as hearing loss
In Memory of Jayden
2008-2011

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