

# Your Child has Congenital CMV: What Now?



## What is Cytomegalovirus (CMV)?

Cytomegalovirus (CMV) is a common virus that infects people of all ages and is not harmful for most people. CMV spreads from person to person through body fluids, including saliva, urine, and blood. Many of us catch CMV as young children and the virus is prevalent in the saliva of toddlers. About 3 out of 4 adults have had CMV by age 40. Most of us will never even know we have had CMV.

## What is Congenital CMV (cCMV)?

Sometimes a pregnant woman will pass CMV to her baby. When a baby is born with CMV infection, it is called congenital CMV (cCMV).

- 1 out of 200 babies is born with cCMV infection
- 4 out of 5 babies born with cCMV will never have any health issues
- 1 out of 5 babies born with cCMV will have hearing loss at birth or develop hearing loss during the first few years of life
- Some babies born with cCMV will have other challenges besides hearing loss, including issues with seeing or development

## What happens after your child receives a diagnosis of cCMV?

If your baby's CMV test is positive, your pediatrician will talk with you about additional testing. Your baby may need to see other specialists to get the best treatment for cCMV.

## If your baby is diagnosed with cCMV, where can you find support?

The Colorado cCMV Family Network can benefit your family in several ways. You can:

1. Connect with other families who have children with cCMV
2. Meet with a Parent Guide who can share their CMV experience
3. Join a private Facebook group for families with cCMV

To join, go to the [Colorado cCMV Family Network](#) or call 720-598-2648

Learn more about cCMV at the [National CMV Foundation](#), [CDC](#) and [Colorado AAP](#)

**Colorado Chapter**

American Academy of Pediatrics  
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Colorado cCMV  
Family Network

*“If we don’t connect families to each other and to cCMV information, they can’t connect the dots about their children’s health. They need to find their community.”*

-Luke and Megan, parents



*“Having a child diagnosed with cCMV can be scary. There are so many unknowns and every child is affected differently. Having a support system that understands the uncertainty is important.”*

—Amber, parent

*“Receiving our son’s congenital CMV diagnosis was unexpected and heartbreaking. Despite the challenges that Matthew and we as a family face, he inspires us every day, has taught us more than we could have ever imagined, and is the biggest blessing.”*

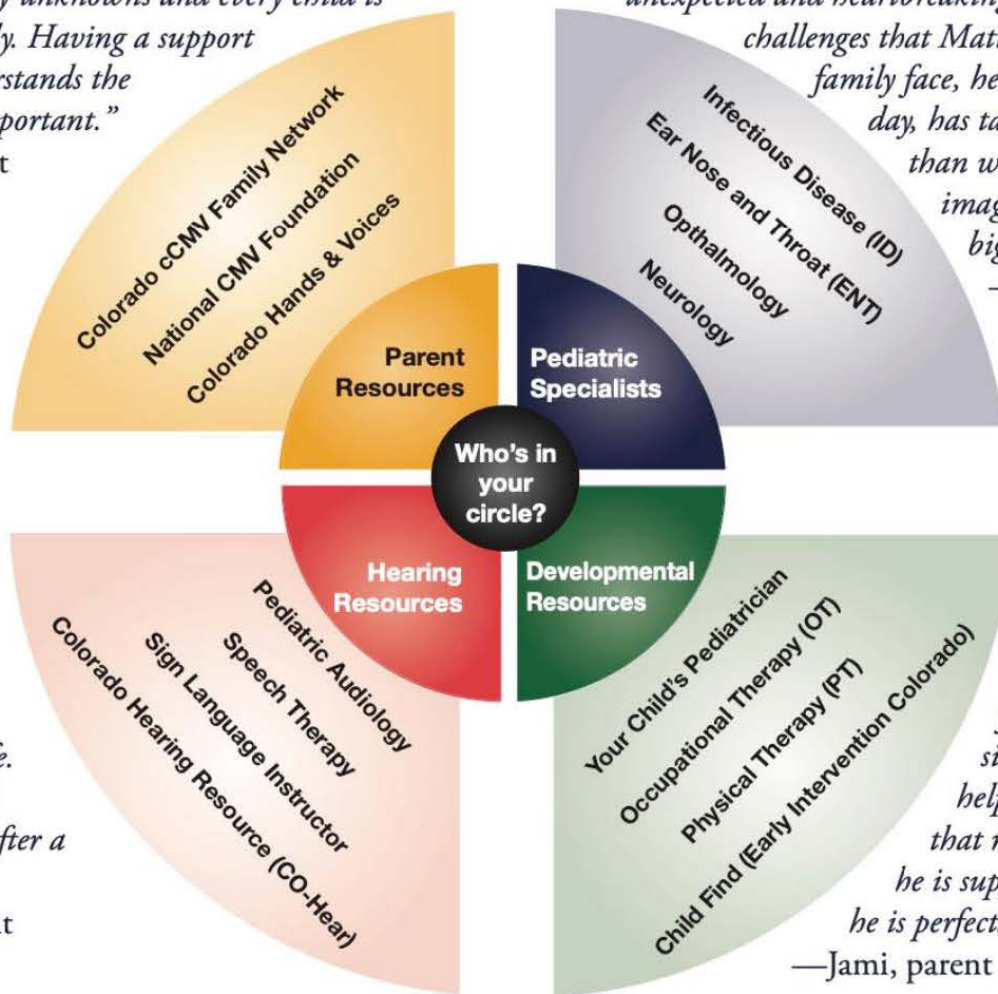
—Erin, parent

*“A diagnosis changes a lot of things. Don’t ever let that define your life, or your child’s life. There is love and life within and after a diagnosis.”*

—Ashley, parent

*“It’s ok to be broken and cry, and ask ‘why us?’ Finding support from families similar to mine helped me remember that my child is who he is supposed to be and he is perfect!”*

—Jami, parent



**To join the Colorado cCMV Family Network:**

- Visit [COcCMVFamilyNetwork](http://COcCMVFamilyNetwork)
- Email [cCMV@co-hv.org](mailto:cCMV@co-hv.org)
- Call 720-598-COHV (2648)
- OR scan the QR code to the right

