

Can I prevent catching CMV?

CMV infections are common in toddlers and preschool age children, and the virus frequently is transmitted in family or group day-care settings. In fact, most people will experience a CMV infection at sometime. However, there are special times, such as during pregnancy, when CMV infections should be avoided, if possible. The spread of the virus can be controlled by practicing good hygiene techniques.

The "Universal Precautions" practiced by health professionals and others who come in contact with body fluids are sufficient to prevent transmission of CMV.

Although no actions can totally eliminate all risks of catching CMV, precautionary measures that can be taken to help control the spread of infection in the home and other settings include:

- **Do not** kiss young children under 5 or 6 years of age on the mouth or cheek. Instead, kiss them on the forehead or the top of the head and give them a big long hug.
- **Do not** share food, drinks, or items such as utensils or toothbrushes with young children.
- **Do** wash your hands with soap and water after diaper changes or after contact with a child's saliva.
- **Day-care center** workers also may **wear gloves** when changing the diapers of young children
- Since young children, especially toddlers, frequently put toys in their mouth, it is recommended the toys be **washed with soap and water or wiped with a solution of one-part chlorine bleach to nine-parts water, followed by a tap water rinse.**

bleach = blanqueo; *water* = agua; *toys* = juguetes; *germs* = germen