

# Why is My Baby Being Tested for Congenital CMV Infection?



## What is Cytomegalovirus (CMV)?

Cytomegalovirus (CMV) is a common virus that infects people of all ages. CMV spreads from person to person through body fluids, including saliva, urine, and blood. Many of us catch CMV as toddlers, and 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 every 200 babies are born with cCMV infection.
- 3 out of 4 babies born with cCMV will never have any health issues.
- About 1 out of 4 babies born with cCMV will have a hearing loss at birth or develop a 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.

## Why test for cCMV?

Testing for cCMV as soon as possible after birth is recommended for certain groups of babies. Knowing if your baby has cCMV will allow your baby's doctor and other healthcare providers to better monitor your baby's hearing, vision, growth, and development. Some babies with cCMV can be given medication to improve their hearing and development.

Your baby is being tested for cCMV because:

- A growth measurement was smaller than expected at birth
- They did not pass the newborn hearing screen and need to be scheduled for additional hearing testing
- Other: \_\_\_\_\_

## How do we test for cCMV?

cCMV can be detected by testing a baby's urine or saliva. It is important that cCMV testing is done within the first 3 weeks of life. Test results are usually available in 3-7 days. You may be able to see test results online by signing up for access through the patient care portal where your baby was tested. If you have not seen or heard the results of your baby's CMV test after 7 days, you should contact this healthcare provider: \_\_\_\_\_.

## What if my baby tests positive for cCMV?

We know that most of the time the cCMV test will be negative, which means that your baby does not have cCMV infection. If the cCMV test is positive, your doctor will be the main source of information and will help you coordinate care. Your doctor will order additional tests to see if cCMV is affecting other parts of the body. Your baby may need to see several medical specialists to get the best care for cCMV. You should go to all regular check-ups with your baby's healthcare providers to discuss the care and additional services your child may need. CMV is not airborne and is only contagious through direct contact with infected bodily fluids. Pregnant women are the only people who should exercise caution around your baby (as well as being careful around any toddler, since one out of three toddlers could be shedding CMV).

## Questions?

If you want more information about cCMV:

- Talk to your baby's doctor
- Read information from the National CMV Foundation: <https://www.nationalcmv.org/> or the U.S. Center for Disease Control and Prevention: <https://www.cdc.gov/cmV/>
- Email the Maternal and Child Health Program at [MCH.CDC@maine.gov](mailto:MCH.CDC@maine.gov)



Department of Health and Human Services Maine  
Center for Disease Control and Prevention  
Children and Youth with Special Health Care Needs  
Maine Newborn Hearing Program

286 Water Street Augusta, Maine  
04333-0011 Tel.: (207) 287-5357;  
Fax: (207) 287-4743