

Your Baby's CMV Test Result: What You Need to Know

Your baby's test came back positive for an infection called CMV (cytomegalovirus).

This guide covers recommended next steps and resources to support you and your family.



What is CMV?



CMV is a common virus. Over 50% of adults have been infected with CMV by age 40.

CMV can be passed to a developing baby during pregnancy. This is called congenital CMV (cCMV).

Each baby with cCMV is different. Many babies have no symptoms. Others may have symptoms such as hearing or vision problems.

Follow up is important, since some effects may not show up right away.

What To Do Next

① Talk to your baby's doctor or nurse



They can:

- Explain the result.
- Order another test if needed (to know for sure if your baby has cCMV). This is usually a urine test.
- Make a plan for next steps, which may include seeing specialists.

Important: A test to confirm cCMV must be done in the first 21 days of life. The result may impact treatment.





② Get a hearing check

cCMV can affect hearing, even later in childhood.

An audiologist (hearing doctor) will check your baby's hearing and plan tests over time.



Important: Even if the first test is normal, hearing should be checked again as your child grows to monitor any changes.



③ See any recommended specialists

Some babies will be referred to specialists, such as an infectious disease doctor or an ophthalmologist (eye doctor). These doctors will look at how cCMV might be affecting your baby and can recommend treatment.

Your baby may also have tests like:

- Blood tests
- Brain imaging (such as ultrasound or MRI)
- Eye exam



Not every baby needs all of these. Your baby's care team will guide you.

④ Follow your doctor's plan

Some babies may benefit from antiviral medicine, hearing aids, or other care. Some may only need monitoring.

Your doctor will talk with you about options and help you decide what is best for your baby.



⑤ Get early help for your baby

Early support can make a big difference.

In Maine, Early Intervention for ME helps children from birth to age 3.

Early Intervention for ME can help with learning, movement, communication, and feeding.

Ask your doctor to refer you. To refer yourself, call 877-770-8883 or use the QR code.



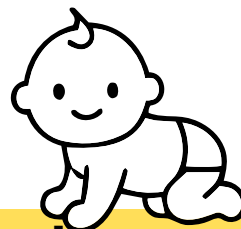
Important: Babies diagnosed with cCMV are automatically eligible for Early Intervention for ME.



Early Intervention
for ME Referral



<https://tinyurl.com/yc52x72m>



What is the long-term outlook for children with cCMV?

Every child with cCMV is different.

- Many children never develop symptoms
- Some develop hearing differences over time
- Some have developmental delays

Early care and support can help your child thrive and reach their full potential.



Support for You and Your Family

Find local and online resources

Call 211 (option 5) to reach Help Me Grow Maine. They can connect you with services and programs to support your baby's development.

Find support through:

- Baylor Parent to Parent Support Network and other parent support groups (e.g., on Facebook)
- The National CMV Foundation

See QR codes on the next page.

Maine Help Me
Grow



<https://tinyurl.com/mbwxe525>



How are you doing?

It's normal to feel worried, stressed, and unsure.
It's okay to ask for help.

You might find it helpful to:

- Talk with your baby's doctor
- Ask about counseling or support
- Share your feelings with someone you trust such as a friend or family member



What to Look Out For

Talk to your doctor if you notice:

- Your baby does not respond to sound
- Seizures, trouble with movement, or unusual movement
- Delays in development or loss of skills your baby already learned
- Trouble feeding
- Trouble seeing



Questions To Ask Your Doctor

- What happens next?
- Has confirmatory testing been done?
- When is the next hearing test?
- Does my baby need to see a specialist?
- Should we contact Early Intervention for ME now?
- What should I watch for at home?



You are not alone



Your baby's care team is here to help.

If your baby needs support, services are available and can make a big difference.



Learn More

National CMV
Foundation



<https://tinyurl.com/3t38s5vs>

Baylor Parent to
Parent Support



<https://tinyurl.com/4duwyyuj>

Maine CDC



<https://tinyurl.com/48aeje93>



Your Baby's Care Plan

Use this to keep track of appointments. You may not need all these visits or you may need more visits. Talk with your doctor to plan the next steps.

Doctor

Name: _____

Phone: _____

Next visit date and time: _____

Audiologist (Hearing Doctor)

Name: _____

Phone: _____

Appointment date and time: _____

Ophthalmologist (Eye Doctor)

Name: _____

Phone: _____

Appointment date and time: _____

Pediatric Infectious Disease Specialist

Name: _____

Phone: _____

Appointment date and time: _____

Laboratory Testing

Appointment date and time: _____

Brain Imaging

Appointment date and time: _____

Notes or Questions



To order copies of this publication or if you have questions, please contact:

Maine CDC Maternal and Child Health Program

Email: MCH.CDC@maine.gov

Tel: 207-287-5357 or 1-800-698-3624

TTY: Maine relay 711

Fax: 207-287-4743

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