

Your child may have been exposed to:

<b>CMV</b>	CMV (cytomegalovirus) is a common virus that infects most people, but rarely causes illness.
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**If you think your child has CMV:**

- Tell your childcare provider or call the school.
- **Need to stay home?**

**Childcare and School:**

**No.**

**Symptoms**

Most people have no symptoms. Very rarely, a person may develop symptoms. These symptoms include fever, sore throat, tiredness, and swollen glands.

**Spread**

By touching saliva or urine.

**Contagious Period**

Virus may be in urine or saliva for long periods of time.

**Call your Healthcare Provider**

- ◆ If anyone in your home has symptoms of CMV.

**Prevention**

- Wash hands after using the toilet, changing diapers, touching secretions from the nose or mouth, and before preparing food or eating. Your child may need help with handwashing.
- Clean and disinfect objects that come in contact with urine or saliva. Use a product that kills germs.
- Minimize contact with children's saliva. Avoid kissing their lips or hands.
- DO NOT have mouth contact with items contaminated with saliva.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.