### Your child may have been exposed to:

| CMV | 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.**

Children infected with CMV do not need to stay home from childcare or school.

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

### Symptoms

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

### Spread

- By having contact with saliva, urine, blood, or other bodily fluids of a person infected with CMV.

### Contagious period

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

### Call your health care 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, before preparing food, and before 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.