

# CYTOMEGALOVIRUS PARENT FACT SHEET

## PARENT/GUARDIAN

Your child may have been exposed to: CMV

CMV (cytomegalovirus) is a common virus that infects most people, but rarely causes illness.

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.

## 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.

**For more information, please contact your local health department.**

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-887-2190 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

Email: [dpbhepi@health.nv.gov](mailto:dpbhepi@health.nv.gov)