



A MINUTE OF HEALTH WITH CDC

Staying Healthy When a Baby's on the Way

*Knowledge and Practices of Obstetricians and Gynecologists Regarding
Cytomegalovirus Infection During Pregnancy — United States, 2007*

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When a woman is pregnant, it's important to protect the health of her unborn baby. Cytomegalovirus or CMV is an infection that can cause very serious birth defects in an unborn child. People who are infected with CMV may have no symptoms. The simplest way for a pregnant woman to prevent CMV infection is by frequent, thorough hand washing, especially after changing a diaper. Women who are pregnant or may become pregnant shouldn't share food, drinks, or utensils with children, and should avoid contact with saliva and other fluids from young children, whenever possible.

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