

HOW TO PROTECT YOUR FUTURE BABY FROM THE CMV

The CMV virus (Cytomegalovirus) is a virus frequently acquired during childhood. Most often it goes unnoticed by the carriers but it can be transmitted through tears, nasal secretions, saliva, genital secretions, urine and stools.

Contracted during pregnancy, it can have serious consequences for the fetus.

TO LIMIT THE RISKS, ADOPT SIMPLE ACTIONS



1

WASH YOUR HANDS

With soap and water for at least 15 seconds and dry them thoroughly

2

PREFER KISSES ON YOUR CHILDREN'S FORHEAD OR CHEEKS

Avoid kissing them on the mouth as much as possible to limit contact with their saliva or tears

3

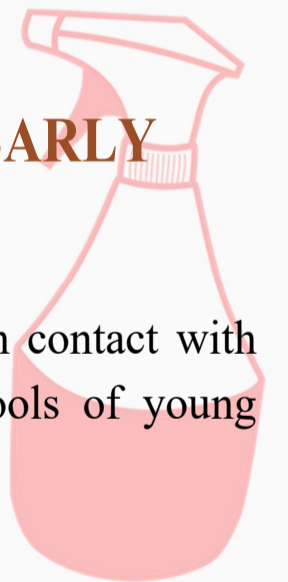
AVOID ANY CONTACT WITH OBJECTS THAT HAVE BEEN IN THE MOUTH OF YOUNG CHILDREN

Do not eat from their plate, do not share their glass or cutlery, do not lick their spoon or pacifier, do not taste from their feeding bottle and do not use their toothbrush

4

CLEAN REGULARLY

Toys, worktops and other surfaces in contact with nasal secretions, saliva, urine or stools of young children



5

THROW AWAY IMMEDIATELY AFTER USE

Any tissue, diaper, wipe or cotton soiled by secretions - then wash your hands carefully



6

PROTECT YOURSELF AS A COUPLE

The virus can be transmitted sexually, so your partner must respect the hygiene rules mentioned above as much as possible



FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR MIDWIFE