

# CDRS

Communicable Disease Reporting System

## COMMUNICABLE DISEASE FACT SHEET **CYTOMEGALOVIRUS** (CMV)

Congenital Cytomegalovirus is caused Cytomegalovirus (CMV), human (beta) herpes virus 5.

### Symptoms

- Some adults with symptoms experience prolonged fever and a mild infection of the liver.
- Once a person becomes infected, the virus remains alive, but usually dormant within that person's body for life.
- Recurrent disease rarely occurs unless the person's immune system is suppressed due to therapeutic drugs or disease. Therefore, for the vast majority of people, CMV infection is not a serious problem.

### Transmission

- Transmission of CMV occurs from person to person. Infection requires close, intimate contact with a person excreting the virus in their saliva, urine, or other bodily fluids.
- CMV can be sexually transmitted and can also be transmitted via breast milk, transplanted organs, and rarely from blood transfusions.

### Treatment

- Currently, no treatment exists for CMV infection in the healthy individual.

### Prevention

- Transmission of the virus is often preventable because it is most often transmitted through infected bodily fluids that come in contact with hands and then are absorbed through the nose or mouth of a susceptible person.
- Therefore, care should be taken when handling children and items like diapers.
- Simple hand washing with soap and water is effective in removing the virus from the hands.

**All information is general in nature and is not intended to be used as a substitute for appropriate professional advice.**

Franklin County



Board of Health

Report Disease With Ease - 24 hours a day

[www.cdinfo.com](http://www.cdinfo.com)

Columbus and Franklin County Communicable Disease Reporting System

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