



Dear Parent/Guardian:

A person in your child's school or child care has been diagnosed with cytomegalovirus, or CMV. This is a very common viral illness in young children. For most healthy people, CMV infection is not a serious problem. Most people have been infected by the time they are 40 years of age.

Generally, people have no symptoms when infected with CMV. Yet, the virus remains in the body for life and is found in body fluids such as urine, saliva, blood, tears, semen, and breast milk. CMV is spread from person to person by direct contact with body fluids of an infected person. For women of child bearing age who previously have not been infected with CMV, there is a potential risk to the developing unborn child. Although it is not very contagious, it has been known to spread to household members and among children in child care, where activities like diaper changing, kissing, and feeding occur.

Close attention to hygiene practices, such as handwashing and diapering may reduce the risk of infection. Avoid contact with children's saliva by not kissing children on the lips and by not placing children's hands, fingers, toys, and pacifiers in your own mouths. Avoid sharing food, utensils, or cups with young children. Children or adults with known CMV infection do not need to be excluded from child care or school.

Please let your child care or school know if your child becomes ill with CMV. If you have questions about CMV you can contact the Snohomish Health District's Communicable Disease Outreach program 425.339.5278.

*This letter was printed from the Snohomish Health District's website. If your child's caregiver has provided you with this notice and you have additional questions, call Communicable Disease Outreach at 425.339.5278. This letter is reviewed annually. This document is not valid after 06/2012.*