

Resources

Can congenital CMV be treated?

If your baby has congenital CMV, their health care provider may suggest they take an antiviral medication. This medication may help your baby's hearing and healthy development. Not all treatments involve medication. Babies who have congenital CMV may get support that they need through the Early Intervention Program (EIP). EIP can help them improve their communication, language, and social skills.

Some babies with hearing loss may do well on the newborn hearing test but still have congenital CMV. It is important to monitor your baby after you return home from the hospital. If your baby begins to show signs of congenital CMV like hearing loss, you should talk to your child's health care provider about your concerns. The "Good Hearing Checklist" may be used as a guide to recognize possible signs of hearing loss in your baby.

If my baby's hearing is "normal," can they still have congenital CMV?

Some babies with hearing loss may do well on the newborn hearing test but still have congenital CMV. It is important to monitor your baby after you return home from the hospital. If your baby begins to show signs of congenital CMV like hearing loss, you should talk to your child's health care provider about your concerns. The "Good Hearing Checklist" may be used as a guide to recognize possible signs of hearing loss in your baby.

The New York State Department of Health

www.health.ny.gov/diseases/communicable/cytomegalovirus/fact_sheet.htm

The Centers for Disease Control and Prevention

www.cdc.gov/cmV

The New York State Early Hearing and Detection Intervention Program

www.health.ny.gov/community/infants_children/early_intervention/newborn_hearing_screening/



Congenital CMV is the leading cause of nongenetic hearing loss in childhood.

Congenital Cytomegalovirus (CMV) Testing and Your Baby



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Department of Health

For People Who Are Pregnant or Who May Become Pregnant



Good Hearing Checklist

What is congenital cytomegalovirus

(CMV)? (pronounced sy-toe-MEG-a-low-vy-rus)

CMV is a virus that can affect people of all ages. It can cause mild, flu-like symptoms but it does not usually make people sick. When a pregnant person is infected with CMV, they may pass it to their developing baby. A baby born with CMV is said to have congenital CMV.

A baby with congenital CMV may develop health problems, like hearing or vision loss, developmental delays, and seizures. They also may be born with a small head.

Some babies with congenital CMV show signs at birth that your baby's doctor can see. Other babies do not show any signs of congenital CMV when they are born.

Hearing loss is the most common sign of a congenital CMV infection. It may be present at birth or it can develop later in life.

How do I know if my baby has congenital CMV?

All newborns in New York State have their hearing tested after birth. This hearing test is quick and painless and can be done while your baby is sleeping. Your baby may need to have their hearing tested again before or after you leave the hospital. If so, your baby's health care provider should test your baby for congenital CMV. This test can be done using your baby's saliva or urine. Test results can show if your baby has a congenital CMV infection that may cause health problems.

Birth to 3 Months

- Becomes quiet when around everyday voices or sounds
- Reacts to loud sounds: baby startles, blinks, stops sucking, cries, or wakes up
- Makes soft sounds when awake, baby gurgles

3 to 6 Months

- Turns eyes or head toward sounds, voices, toys that make noise, a barking dog
- Starts to make speech-like sounds: "ga," "ooh," "ba," and p, b, m sounds
- Reacts to a change in your tone of voice

6 to 9 Months

- Responds to soft sounds, especially talking
- Responds to own name
- Understands simple words: "no," "bye-bye," "juice"
- Babbles: "da da da," "ma ma ma,"

9 to 12 Months

- Responds to both soft and loud sounds
- Repeats single words and sounds
- Points to favorite toys or foods when asked

12 to 18 Months

- Uses 10 or more words
- Follows simple spoken directions: "get the ball"
- Points to people, body parts, or toys

18 to 24 Months

- Uses 20 or more words
- Combines two or more words: "more juice," "what's that?"
- Uses many different consonant sounds at the beginning of words: b, g, m
- Listens to simple stories and songs

2 to 3 Years

- Uses sentences with two or three words
- At 2 years, the child's speech is understood some of the time (25%-50%)
- At 3 years, the child's speech is understood most of the time (50%-75%)
- Follows two-step instructions: "get the ball and put it in the box"

Adapted from the California Department of Health Services' checklist.

If you are worried about your baby's development, talk to their health care provider.