



State of Utah

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**Utah Department of Health**

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**Bureau of Child Development**

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*Bureau Director*

July 1, 2013

**To All Child Care Providers and Interested Parties**

SUBJECT: **\*\*H.B. 81 Cytomegalovirus Public Health Initiative has begun! - IMPORTANT INFORMATION for child care providers\*\***

Dear Childcare Providers,

H.B. 81 (2013 General Session) Cytomegalovirus Public Health Initiative was signed into law by the governor and is now known as Utah Code Annotated (UCA) 26-10-10 Cytomegalovirus (CMV) Public Education and Testing. This law takes effect on July 1, 2013.

UCA 26-10-10 directs:

1) the Department of Health to establish and conduct a public education program to inform pregnant women and women who may become pregnant regarding:

- the incidence of CMV
- the transmission of CMV to pregnant women and women who may become pregnant
- birth defects caused by congenital CMV
- methods of diagnosing congenital CMV
- available preventative measures

and to provide this information to childcare providers.

2) medical practitioners to

- test newborn infants who fail two newborn hearing screenings for CMV before 21 days of age, unless a parent of the newborn objects; and
- provide to the parents of the newborn infant information regarding birth defects caused by congenital CMV and available methods of treatment.

THE DEPARTMENT OF HEALTH HAS CREATED IMPORTANT DOCUMENTS TO HELP EDUCATE CHILDCARE PROVIDERS ON CYTOMEGALOVIRUS.



44 North Mario Capecchi Drive, Salt Lake City, Utah  
Mailing Address: P.O. Box 142003, Salt Lake City, UT 84114-2003  
Telephone (801) 584-8294 • Facsimile (801) 584-8467

Attached you will find CMV What childcare providers NEED TO KNOW, a brochure created specifically for this new law.

In this brochure you will find:

- What CMV is, and why women who are pregnant or may become pregnant need to know about it
- CMV prevention strategies

In addition, there are many other CMV documents that you may find useful, that can be obtained by going to:

<http://www.health.utah.gov/cshcn/CHSS/CMV.html>

There you will find interest in:

- CMV Core Facts (general)
- CMV PCR Testing
- Utah CMV Public Flyer
- Congenital CMV and Hearing Loss Brochure
- CMV What Women NEED TO KNOW Brochure

Please do not hesitate to contact the Department of Health Early Hearing Detection and Intervention (EHDI) CMV liaison, Stephanie McVicar, Au.D., if you are in need of any further information (see below).

Stephanie Browning McVicar, Au.D., CCC-A  
DOCTOR OF AUDIOLOGY  
Specialty Services Program Manager  
Utah Early Hearing Detection and Intervention (EHDI) Director  
State of Utah, Department of Health,  
Children with Special Healthcare Needs,  
Children's Hearing and Speech Services  
(801) 584-8215 or (801) 584-8218  
[smcvicar@utah.gov](mailto:smcvicar@utah.gov)

Sincerely, 

Simon Bolivar  
Child Care Licensing Administrator

40% of women who become infected with CMV for the first time during pregnancy will pass the infection on to their infant.

Most healthy children and adults infected with CMV don't feel sick and don't know that they have been infected; others may have mild flu-like symptoms such as fever, sore throat, fatigue or swollen glands.

- A blood, saliva, or urine test can tell whether a person has ever been infected with CMV.

Infants and children who are infected with CMV after birth rarely have problems.



#### Is there a vaccine for CMV?

At present, there is no vaccine available to prevent CMV. Although it is being researched, it may be years before one is developed.

Congenital CMV infection causes more long-term health problems and childhood deaths than Down Syndrome, fetal alcohol syndrome, neural tube defects (spina bifida, anencephaly) and Pediatric HIV/AIDS.



Congenital CMV is the leading non-genetic cause of childhood hearing loss



UTAH DEPARTMENT OF  
**HEALTH**  
Early Hearing Detection & Intervention

QUESTIONS?  
CALL MOTHER TO BABY UTAH  
AT (800) 822-2229

Children's Hearing and Speech  
Services  
44 North Mario Capecchi Drive  
Salt Lake City, UT 84113

Phone: 801-584-8215  
Fax: 801-584-8492  
E-mail: [smcvicar@utah.gov](mailto:smcvicar@utah.gov)

<http://www.health.utah.gov/cshcn/CHSS/CMV.html>

Dated 07.01.2013

STATE OF UTAH  
DEPARTMENT OF HEALTH

Cytomegalovirus

What childcare  
providers  
**NEED TO KNOW**  
about CMV



For Women Who Are Pregnant  
or Planning to Become  
Pregnant

## CMV INFECTION DURING PREGNANCY CAN HARM YOUR BABY

**Cytomegalovirus** (sy toe MEG a low vy rus), or **CMV**, is a common virus that infects people of all ages.

Most CMV infections are “**silent**”, meaning **the majority of people who are infected with CMV have no signs or symptoms, and there are no harmful effects.**

**However, when CMV occurs during a woman’s pregnancy, the baby can become infected before birth.**

CMV infection before birth is known as “**congenital CMV**”. When this happens, the virus is transmitted to the unborn infant and can potentially damage the brain, eyes and/or inner ears.

**About 1 of every 5 children born with congenital CMV infection will develop permanent problems, such as hearing loss or developmental disabilities.**



The virus is generally passed from infected people to others through **direct contact with body fluids, such as urine or saliva.**

People who are infected with CMV can pass the virus for months after they first become infected.

**Studies in child care settings suggest that as many as 75% of toddler-aged children have CMV in their urine or saliva.**

**Persons who work closely with children in settings such as child care facilities or schools may be at greater risk than those who don’t work in such settings.**

**Wash your hands often with soap and water for 15 to 20 seconds, especially after:**

- Changing diapers
- Feeding a young child
- Wiping a young child’s nose or mouth
- Handling children’s toys



**Don’t share food, drinks, eating utensils, or a toothbrush with a child.**

**Do not put a child’s pacifier in your mouth.**

**Avoid contact with a child’s saliva when kissing or snuggling.**



**Use soap and water or a disinfectant to clean toys, changing tables, and other surfaces that may have a child’s saliva or urine on them.**



*An infected person can pass the virus to another person even though they do not appear sick*