

Dear (OB name),

Our records show that you recently delivered a baby who tested positive for cytomegalovirus (CMV). CMV is a common virus; about 1 in every 4 pregnant persons out of 100 becomes infected with CMV for the first time during pregnancy. From those, about 40% will pass the infection on to their fetus. In turn, about 1 of every 5 children born with congenital CMV (cCMV) will develop permanent problems such as hearing loss, seizures, and developmental disabilities or delays due to the infection, leading to more long-term health problems than Down syndrome, fetal alcohol syndrome, and neural tube defects. One in 200 infants are born with cCMV every year in the United States.

Despite the long-term health problems associated with CMV, many pregnant people are unaware of what CMV is and how it can affect their lives if they are pregnant or are seeking to become pregnant. Through simple means such as hand washing after contact with bodily fluids, avoiding the sharing of drinks or eating utensils, and properly cleaning toys and other areas in the home, a pregnant person can decrease the chances of infection. We, the Utah Department of Health and Human Services, are asking you to help us raise awareness of CMV. We are working on updating our CMV materials and will be sending you some copies once they are finished. We ask that you add these materials to your prenatal packets, as well as display them in your practice. Your decision to do so is of immense value to us and pregnant people everywhere, especially those you serve. Thank you for the continued difference you make in the lives of parents and children in Utah.

We also wanted to include our website, cmv.utah.gov, and the CDC CMV website, cdc.gov/cmV, since we feel it is crucial for parents to be empowered by information. Lastly, one of the best ways to gain helpful information is through parents sharing with other parents. We have included information on the CMV Foundation, nationalcmv.org. This organization was developed by parents and for parents with children with cCMV.

Thank you for all that you do for parents and babies in Utah. If you have any questions, need CMV materials, or would like an educational presentation on cCMV, please email us at cmv@utah.gov.

Best regards,

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