

MSAD # 13 / RSU #83

Health Alert

**Cytomegalavirus (CMV)
Important Notice to Parents**

Cytomegalovirus infection (CMV) is a member of the herpes virus group. CMV is a common childhood infection (between 50–85 percent of the United States population tests positive by the age of 40 years) and is usually asymptomatic in healthy children. If symptoms do occur they may mimic those of infectious mononucleosis (sore throat, fever, fatigue, and swollen glands).

The infection can be severe in immunocompromised persons and newborn infants, and individuals with severe anemia. Birth defects can occur if a pregnant woman becomes infected. CMV is spread by contact with secretions or excretions of a previously infected person. CMV is commonly present in the general population. Because it is so common and signs of disease rarely occur in healthy adults and school-age children, testing students for CMV is not recommended.

The incubation period for CMV is 3–12 weeks and it is infectious months to episodically for years.

Pregnant women or those of childbearing age, should always follow proper hand washing techniques, especially if working in a school or child care setting.

Please contact the school nurse, Mel Chadbourne, RN if you have any questions. More information is also available at the Maine CDC web site.