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# Cytomegalovirus Infections

**Also called:** CMV

Cytomegalovirus (CMV) is a virus found around the world. It is related to the viruses that cause chickenpox and infectious mononucleosis (mono). Between 50% and 80% of adults in the United States have had a CMV infection by age 40. Once CMV is in a person's body, it stays there for life.

CMV is spread through close contact with body fluids. Most people with CMV don't get sick and don't know that they've been infected. But infection with the virus can be serious in babies and people with weak immune systems. If a woman gets CMV when she is pregnant, she can pass it on to her baby. Usually the babies do not have health problems. But some babies can develop lifelong disabilities.


A blood test can tell whether a person has ever been infected with CMV. Most people with CMV don't need treatment. If you have a weakened immune system, your doctor may prescribe antiviral medicine. Good hygiene, including proper hand washing, may help prevent infections.

*Centers for Disease Control and Prevention*

## Start Here

- [About Cytomegalovirus \[https://www.cdc.gov/cytomegalovirus/about/\]](https://www.cdc.gov/cytomegalovirus/about/) (Centers for Disease Control and Prevention)
- [Cytomegalovirus \[https://familydoctor.org/condition/cytomegalovirus/?adfree=true\]](https://familydoctor.org/condition/cytomegalovirus/?adfree=true) (American Academy of Family Physicians)  
Also in Spanish [\[https://es.familydoctor.org/condicion/citomegalovirus-es/?adfree=true\]](https://es.familydoctor.org/condicion/citomegalovirus-es/?adfree=true)

## Diagnosis and Tests

- [Cytomegalovirus \(CMV\) Tests \[https://medlineplus.gov/lab-tests/cytomegalovirus-cmv-tests/\]](https://medlineplus.gov/lab-tests/cytomegalovirus-cmv-tests/)  (National Library of Medicine)  
Also in Spanish [\[https://medlineplus.gov/spanish/pruebas-de-laboratorio/pruebas-de-citomegalovirus-cmv/\]](https://medlineplus.gov/spanish/pruebas-de-laboratorio/pruebas-de-citomegalovirus-cmv/)

## Related Issues

- [Congenital CMV and Hearing Loss \[https://www.cdc.gov/cytomegalovirus/congenital-infection/hearing-loss.html\]](https://www.cdc.gov/cytomegalovirus/congenital-infection/hearing-loss.html)  
(Centers for Disease Control and Prevention)

## Clinical Trials

- [ClinicalTrials.gov: Cytomegalovirus Infections \[https://clinicaltrials.gov/search?cond=%22Cytomegalovirus+Infections%22&aggFilters=status:not%20rec\]](https://clinicaltrials.gov/search?cond=%22Cytomegalovirus+Infections%22&aggFilters=status:not%20rec)  (National Institutes of Health)

## Journal Articles


References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- [Article: Feasibility of using saliva for Cytomegalovirus detection and genotyping in pediatric... \[https://www.ncbi.nlm.nih.gov/pubmed/40741805\]](https://www.ncbi.nlm.nih.gov/pubmed/40741805)

Article: Effector-Memory  $\gamma\delta$  T Lymphocytes Predict CMV Disease After the Withdrawal of...  
[<https://www.ncbi.nlm.nih.gov/pubmed/40741539>]

- Article: Human Cytomegalovirus Immune Evasion of Natural Killer Cells: A Virus for...  
[<https://www.ncbi.nlm.nih.gov/pubmed/40732677>]
- Cytomegalovirus Infections -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Cytomegalovirus+Infections%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+2+Years%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Find an Expert

- Centers for Disease Control and Prevention [<https://www.cdc.gov/>]  
Also in Spanish [<https://www.cdc.gov/spanish/>]
- March of Dimes Foundation [<https://www.marchofdimes.org/>]  
Also in Spanish [<https://nacersano.marchofdimes.org/>]
- National Institute of Neurological Disorders and Stroke [<https://www.ninds.nih.gov/>] 

## Children

- CMV in Newborns [<https://www.cdc.gov/cytomegalovirus/congenital-infection/>] (Centers for Disease Control and Prevention)
- Cytomegalovirus (For Parents) [<https://kidshealth.org/en/parents/cytomegalovirus.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/cytomegalovirus.html>]

## Women

- Cytomegalovirus (CMV) and Pregnancy [<https://mothertobaby.org/fact-sheets/cytomegalovirus-cmv-pregnancy/pdf/>]  
(Organization of Teratology Information Specialists) - **PDF**  
Also in Spanish [<https://mothertobaby.org/es/hojas-informativas/citomegalovirus-cmv/>]

## Patient Handouts

- CMV - gastroenteritis/colitis [<https://medlineplus.gov/ency/article/000667.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000667.htm>]
- CMV blood test [<https://medlineplus.gov/ency/article/003546.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003546.htm>]
- CMV pneumonia [<https://medlineplus.gov/ency/article/000664.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000664.htm>]
- CMV retinitis [<https://medlineplus.gov/ency/article/000665.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000665.htm>]
- Cytomegalovirus (CMV) infection [<https://medlineplus.gov/ency/article/000568.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000568.htm>]



CMV - gastroenteritis/colitis [<https://medlineplus.gov/ency/article/000667.htm>]

CMV blood test [<https://medlineplus.gov/ency/article/003546.htm>]

CMV pneumonia [<https://medlineplus.gov/ency/article/000664.htm>]

CMV retinitis [<https://medlineplus.gov/ency/article/000665.htm>]

Congenital cytomegalovirus [<https://medlineplus.gov/ency/article/001343.htm>]

Cytomegalovirus (CMV) infection [<https://medlineplus.gov/ency/article/000568.htm>]

### Related Health Topics

Viral Infections [<https://medlineplus.gov/viralinfections.html>]

### National Institutes of Health

The primary NIH organization for research on *Cytomegalovirus Infections* is the National Institute of Allergy and Infectious Diseases [<http://www.niaid.nih.gov/>]

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