WHAT IT MEANS IF YOU ARE CMV POSITIVE

- Cytomegalovirus (CMV) is a relative of the chicken pox virus
- More than 50% of adults have had CMV; usually babies and young children get it from their mother’s milk, or other children
- CMV usually lives quietly in our bodies
- Many women start to release CMV in their breastmilk 1-2 weeks after delivery
- Premature babies can get sick with CMV, and we want to decrease the chance that your baby will get a CMV infection
- Freezing mother’s milk reduces the amount of virus in the milk
- So for the first weeks, we will ask you to freeze all the milk you pump for your baby
- By 30 weeks gestation, your baby is less likely to get CMV and can start to get fresh milk
- Remember your milk is so important for your baby’s health - keep pumping!