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- Thoroughly wash hands with soap and warm water after activities such as:
 - Diaper changes
 - Feeding or bathing child
 - Wiping child's runny nose or drool
 - Handling child's toys
 - Do not share cups, plates, utensils, toothbrushes, or food
 - Do not kiss on or near the mouth
 - Do not share towels or washcloths
 - Clean toys, countertops and other surfaces that come in contact with urine or saliva.
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Figure 3

Hygienic practices to reduce risk of CMV infection for women who are pregnant or planning to become pregnant. When interacting with young children, women should assume the children are secreting CMV in their urine and saliva.