

Why study CMV?

Although cytomegalovirus is often harmless in healthy adults, its ability to cause serious complications in vulnerable individuals, including newborns, makes it a major public health concern.

What are the study's objectives?

- To compare the frequency of infection in early childhood educators with that of women of the same age who are not in contact with young children at work.
- To describe how childhood educators get CMV and measure how long the virus remains in saliva and blood after infection or reinfection.
- To understand what educators know about CMV and how they think they can avoid getting it.

Who is on the EDUQ-CMV team?

- Dr. Isabelle Boucoiran, clinician-researcher and the study's principal investigator - CHU Sainte-Justine
- Dr. Emmanuel Bujold - CHU de Qc - ULaval
- Dr. Annie Ouellet - CHU de Sherbrooke
- Dr. Christian Renaud - HÉMA-Québec
- Moderna
- The advisory committee

Contact a member of our team



By Email:

eduqcmv.hsj@ssss.gouv.qc.ca

Provincial Coordinator:

Suzanne Taillefer

suzanne.taillefer.hsj@ssss.gouv.qc.ca

Research nurse at Héma-Québec:

Marie-Ève Allard

hq-educ.cmv@hema-quebec.qc.ca



On the WEB:

<https://www.eduqcmv.ca>

Your health, our mission: together against CMV



Centre de recherche Azrieli
CHU Sainte-Justine
Le centre hospitalier universitaire mère-enfant

Université de Montréal



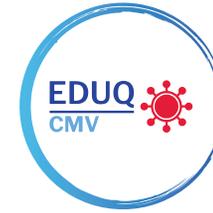
HÉMA-QUÉBEC

EDUQ-CMV

3175, Côte-Sainte-Catherine Rd

#3713

Montréal, QC H3T 1C5



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Quebec Study on CMV Infection Among Childhood Educators



Who can participate in the study?

Women, **18 to 45 years old, who understand French or English well**, who are not pregnant and who belong to one of the following groups :

- 1 Educators working in a randomly chosen Quebec daycare center.
- OR
- 2 Employees of CHU Sainte-Justine, CHUSherbrooke or CHU-Québec who do not work with children under the age of 3.
- OR
- 3 Héma-Québec's plasma donors.

What does the study involve?

- A one-year follow-up
- For childhood educators and hospital employees :
 - 13 saliva auto-collections
 - 2 blood collections at work (more if CMV positive)
 - online questionnaires
- For plasma donors :
 - 2 plasma samples given one year apart at Héma-Québec
 - 2 online questionnaires

What is CMV?

Cytomegalovirus (CMV) is a widespread virus that can infect anyone, regardless of age or state of health. It is a virus belonging to the herpesvirus family. Once a person is infected with CMV, the virus remains in their body for the rest of their life. The virus is generally inactive in healthy individuals, but can also reactivate.

Young children are often symptomless carriers of the virus, putting early childhood educators and professionals at risk of catching CMV.

What are the symptoms of CMV?

In healthy individuals, CMV infection often goes undetected, as symptoms are generally mild.

Common symptoms may include :

- Fatigue
- Mild fever
- Muscle and joint pain
- Swollen lymph nodes

How is CMV transmitted?

CMV is transmitted by **direct contact of mucous membranes** (mouth, eyes, vagina) **or wounds with bodily fluids** from an infected person, including saliva, blood, genital secretions, urine and breast milk.

CMV can also be transmitted from mother to child during pregnancy, childbirth or breastfeeding.

CMV and pregnancy

CMV infection during pregnancy is of particular concern because the virus can be transmitted to the unborn baby. This is known as congenital CMV and can lead to serious complications such as :

- Hearing disorders
- Low birth weight
- Developmental delay
- Microcephaly
- Convulsions
- Vision disorders
- Death *in utero*