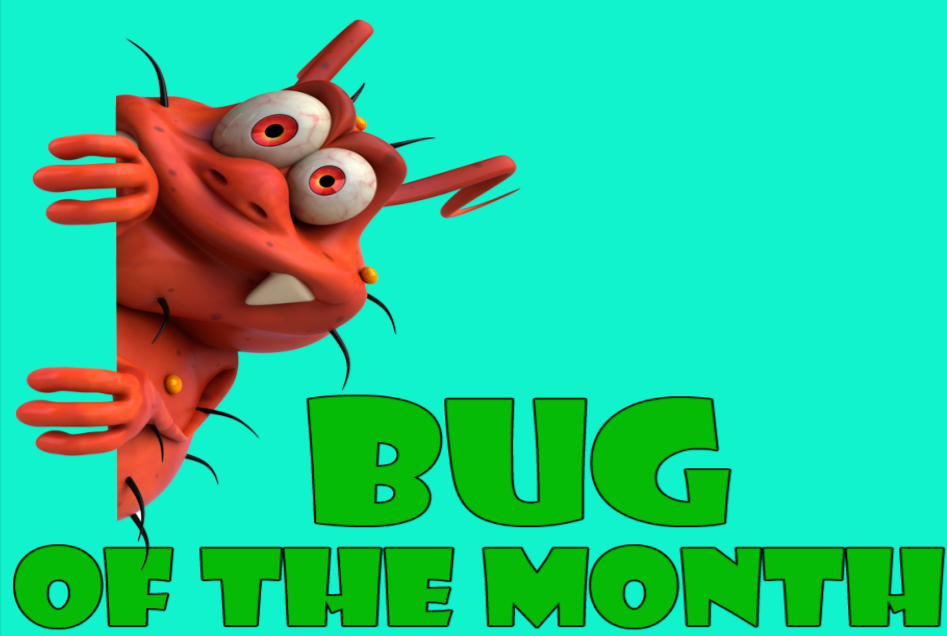


For Staff /Patient Education



Polio

September 2016

What is it?

- Polio (or poliomyelitis) is a disease caused by poliovirus. Poliovirus is very contagious. The poliovirus is rapidly inactivated by heat, formaldehyde, chlorine, and ultraviolet light.
- It can cause lifelong paralysis (can't move parts of the body), and it can be deadly.
- Most people who get infected with poliovirus do not have any symptoms.
- Some people (24 people out of 100) will have flu-like symptoms. These symptoms usually last 2 to 5 days then go away on their own.
- In rare cases, poliovirus infection can be very serious. About 1 out of 100 people will have weakness or paralysis in their arms, legs, or both. This paralysis or weakness can last a lifetime.
- The risk of lifelong paralysis is very serious. Even children who seem to fully recover can develop new muscle pain, weakness, or paralysis as adults, 30 or 40 years later.
- About 2 to 5 children out of 100 who have paralysis from polio die because the virus affects the muscles that help them breathe.

How is it spread?

- It spreads through contact with the stool of an infected person and droplets from a sneeze or cough. If you get stool or droplets from an infected person on your hands and you touch your mouth, you can get infected. Also, if you put objects, like toys, that have stool or droplets on them into your mouth, you can get infected.
- An infected person may spread the virus to others immediately before, and usually 1 to 2 weeks after, developing symptoms. but poliovirus may be present in the stool from 3 to 6 weeks.
- It can contaminate food and water when people do not wash their hands.

Where is it found?

- Humans are the only known reservoir of poliovirus, which is transmitted most frequently by persons with inapparent infections. There is no asymptomatic carrier state except in immune deficient persons.

Prevention and Control?

- There is no cure, but there are safe and effective vaccines. Because polio has no cure, vaccination is the best way to protect people and is the only way to stop the disease from spreading.
- Doctors recommend that children get four doses of the polio vaccine (also called IPV) for best protection. Children will need one dose at each of the following ages:
 - 2 months
 - 4 months
 - 6 through 18 months
 - 4 through 6 years
- Eat safe foods and drink safe beverages.
- Practice hygiene and cleanliness.

For more information contact:



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Source:

<http://www.cdc.gov/vaccines/pubs/pinkbook/downloads/polio.pdf>



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