



## POLIO

### Description

Polio is a highly infectious disease caused by a virus that invades the nervous system.

### Causes

How it is spread? Polio is most often spread through contact with the stool of an infected person. This can happen in one of many ways:

- eating food or drinking liquids that are contaminated with the polio virus
- touching surfaces or objects contaminated with the polio virus and then placing the contaminated hand in your mouth
- sharing food or eating utensils with someone infected with the polio virus.

Less commonly, it can be spread through respiratory droplets or saliva.

### Signs & Symptoms

About 95% of people infected with polio will have no symptoms. Some have minor symptoms such as fever, fatigue, nausea, headache, flu-like symptoms, stiffness in the neck and back and pain in the limbs. Fewer than 1% of polio cases result in permanent paralysis of the limbs.

### Prevention

A polio vaccine is given to all children as part of the childhood vaccination schedule.

### Treatment

Because there is no cure for polio, treatment usually consists of treating the symptoms until the patient recovers. It can include fluids, medications and rest.