

SYMPTOMS

The symptoms range from a mild influenza-like syndrome to a severe infection, that affects the brain and spinal cord:

- Fever.
- Fatigue.
- Headache.
- Neck Stiffness.
- Sore throat.
- Vomiting, nausea and stomach-ache.
- Arms and legs pain.

Some cases may have severe symptoms like:

- Paraesthesia (feeling of pins and needles in the legs).
- Meningitis (infection of the covering of the spinal cord and/or brain).
- Paralysis (cannot move parts of the body).
- Weakness in the arms, legs, or both.
- Irreversible paralysis (legs).
- Paralysis of the breathing muscles which can cause death.



Image source: <https://www.who.int/>

TRANSMISSION

Virus Distribution and Spread

Poliovirus is very contagious and spreads through person-to-person by the faecal-oral route by ingestion contaminated food or water. The virus lives in an infected person's throat and intestines. It enters the body through the mouth and spreads through contact with the faeces of an infected person.

RECOMMENDATION

Treatment

There is no treatment against Poliovirus, but there is a vaccine available.

Supportive therapies can help to relieve the symptoms and to prevent complications. In some cases, it is required long-term rehabilitation.

Prevention

- Ensure you are up to date with polio vaccination, including one booster as an adult.
- Avoid close contact with sick people.
- Drink only boiled or bottled water or sealed carbonated beverages.
- Choose food that has been thoroughly cooked while fresh and is served hot.
- Avoid ice, raw fruit, and raw vegetables (including salad).
- Pay attention to hygiene. Wash your hands frequently, especially before eating.

This information has been developed for educational purposes only and is correct at the time of publication. Do not rely solely on the information provided in this publication. If you have any queries regarding this topic or are suffering from any symptoms described, please consult a medical professional immediately.