



POLIOVIRUS aka POLIO

Polio, or poliomyelitis, is a serious disease caused by the poliovirus. **It can lead to complications which can cause death!**

COMPLICATIONS



Polio is very contagious and spreads from person-to-person by entering the body through the mouth from contact with a sick person's feces (poop), or by sneeze or cough. It can feel like having the flu. Sometimes it may spread to other body parts and this can be dangerous. It can cause **meningitis**, meaning it infects the brain or spine. Polio can also cause **paralysis**. This is when the virus makes your muscles so weak you can't move them. This can be your arms, legs or even muscles that you need to breath.

Some people will have **post-polio syndrome**, meaning that even when they are better they will have muscle problems for years.

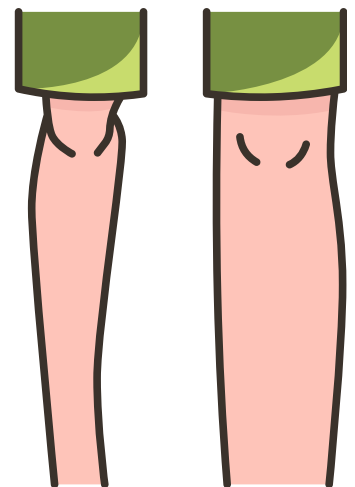
About 1 in 4 people may display flu-like symptoms, such as:

- Sore throat,
- Fever,
- Nausea,
- Tiredness,
- Headache, or
- Stomach pain.

DO NOT WAIT, VACCINATE!

There is NO cure for polio. Polio can be a scary disease, but it doesn't have to be! When you get your polio vaccines, you protect yourself from getting the disease. You also protect the people around you because if you don't get polio, you can't spread polio! The polio vaccine series given in four (4) doses at ages:

- 2 months
- 4 months
- 6-18 months
- 4-6 years



**CONNECT WITH A COUNTY OF SAN DIEGO
PUBLIC HEALTH NURSE FOR MORE INFORMATION**

**CALL: 1 (866) 358-2966 OPTION 5
EMAIL: PHS-IZPHN.HHSA@SDCOUNTY.CA.GOV**

