



POLIOMYELITIS (Polio)

Poliomyelitis is caused by a virus. Polio typically produces weakening of the muscles, sometimes to the point of requiring assistance to move about. The illness ranges widely in severity.

Who gets this disease?

Today, polio cases occur mainly among unimmunized young children or among members of groups that refuse immunization.

How is it spread?

The virus is spread by direct contact with infected stool and throat secretions. Infected persons are most contagious during 7-10 days before and after onset of symptoms.

What are the symptoms?

The illness ranges in severity from a mild, unnoticed febrile illness to meningitis (an inflammation of the covering of the brain and spinal cord), to paralysis and even death.

How can the spread of this disease be prevented?

Two types of polio vaccine have been available: trivalent oral polio vaccine (TOPV) and inactivated polio vaccine (IPV). The national Advisory Committee on Immunization Practices (ACIP) recommends four doses of polio vaccine. The four dose series should be completed at 2 months, 4 months, 6-18 months, and 4-6 years. The vaccine is **required** for both childcare and school attendance.

Who should be excluded?

Children and staff should be excluded during the acute phase of illness.

Reportable?

Yes. Poliomyelitis (polio) is reportable by New Hampshire law to the Division of Public Health Services, Bureau of Infectious Disease Control at (603) 271-4496.