

[What You Need to Know About Polio](#)

What Is Polio?

Poliomyelitis, commonly known as **Polio**, is a highly infectious disease which attacks the body's nervous system. Sometimes the virus can attack the nerves in the spine leading to paralysis. In serious cases this can become permanent, leading to a loss of use of the limbs. Polio can also paralyze the muscles responsible for breathing and swallowing, without medical intervention death is imminent.

How is polio spread?

Polio is spread through contaminated water or food

Is polio contagious?

It is a highly infectious disease spread mainly through close contact with an infected person. The virus only affects humans and is spread through the feces of an infected person or via droplets after someone sneezes or coughs. Infection usually occurs because of poor hand washing or through the consumption of contaminated food or water. Unfortunately, a person can be infectious and transmit the virus even before symptoms develop.

What Are the Symptoms of Polio?

The main symptoms of Polio are

- Sudden weakness or paralysis of limbs.
- Sudden failure to walk or crawl

What is the primary way to prevent polio?

- Get your child vaccinated

What are the secondary ways of preventing polio?

- Always use the toilet and avoid open defecation
- Always wash hands with soap and clean water after using the toilet, preparing, or eating food and after changing your child's nappy
- Wash fruits and vegetables with safe and clean water

- Drink boiled or chlorinated water
- Keep your environment clean

What is happening now?

There is an outbreak of polio disease in neighboring countries and children under 5 years are at high risk of contracting polio. To protect children under 5 years the Ministry of Health and Childcare is conducting two rounds of Oral Polio Vaccination (OPV) campaign targeting all provinces in the country

What are the dates of the polio campaign?

- Round 1 27 to 30 October 2022
- Round 2 is 1 to 04 December 2022

Who is the target of the polio campaign?

All children **under 5 years** regardless of their polio vaccination status. Even if your child was previously vaccinated, he /she should still get vaccinated for increased protection

What should caregivers and parents do?

Ensure that all the children under the age of 5 are vaccinated.

Where will the vaccine be provided?

Health workers will visit your house to vaccinate your child

Vaccinations will also take place at **health facilities, schools, markets, churches, bus stations, and all other meeting places.**

Target

The total number of all under 5 children is 2 5676 800 and the ministry is to vaccinate at least 95 percent of this number.