



**What you need to know about**

# **POLIO**

## **What is polio?**

Polio is a highly contagious disease that can cause paralysis or even death in people who are not vaccinated.

## **Why should I be concerned?**

- On July 21, 2022, a case of polio was confirmed in a Rockland County resident.
- For every known case of polio, there may be hundreds of other people infected with the disease.

## **Who is at risk?**

- Newborns who are too young to be immunized against polio.
- Children 2 years of age and younger who do not have all their polio shots.
- Adults who are not immunized or up to date on polio immunization, including those who are pregnant.

**There is no cure for polio. Immunization is protection.**

**Polio immunization is safe, 99% effective, and has protected millions of people for decades.**

## **How can I protect myself and my children?**

The best way is by staying up to date on the following polio immunization schedule:

### **Children should get:**

Dose 1: 6 weeks - 2 months

Dose 2: 4 months

Dose 3: 6 through 18 months

Dose 4: 4 through 6 years

### **Adults, including pregnant people:**

Should get 3 doses if they are unvaccinated or if they're not sure if they have been immunized.

### **Adults who have only had 1 or 2 doses of the polio vaccine:**

Should get the remaining 1 or 2 doses, no matter how long it has been since the earlier doses.

### **Adults who are at increased risk of exposure to polio, even if they have completed a routine series of polio vaccine:**

Can receive one lifetime booster dose of IPV.

# What you need to know about **POLIO** Symptoms, Spread, and Prevention

## **What are symptoms of polio?**

These common symptoms may be mild and flu-like and take up to 30 days to appear:

- Sore throat
- Fatigue
- Fever
- Headache
- Stiffness or muscle pain
- Vomiting

Not everyone who has the polio virus will have symptoms, but they can still pass the virus to others.

Those who are not vaccinated or not up to date with their polio immunizations can develop serious symptoms, including permanent paralysis (can't move parts of the body) and even death. Of those paralyzed, 5-10% die when their breathing muscles are affected.

## **How does polio spread?**

- Polio is very contagious, and people can spread the virus even if they don't have symptoms.
- Polio spreads from person-to-person through contact with the poop, sneeze, or cough droplets of an infected person.
- This can happen when someone is in close contact with a sick person, such as by caring for them or sharing food or utensils with them.

## **How can I prevent polio? Get immunized!**

- Make sure you and your children are up to date with your polio immunizations.
- Wash your hands with soap to help prevent the spread of germs.
- Be aware that alcohol-based sanitizers do not work well on some types of germs, like polio.

## **Want more information?**

[health.ny.gov/polio/immunization](https://health.ny.gov/polio/immunization)



**Contact a health care provider or  
schedule a free appointment today.**