

## What you need to know about

# POLIO

### What is polio?

Polio is a life-threatening disease that can affect the brain and spinal cord and cause paralysis or even death. This makes polio very dangerous, especially for New Yorkers and children who are unvaccinated.

### Why should I be concerned?

- On July 21, a case of paralytic polio was confirmed in among a Rockland County resident.
- For every **one** case of paralytic polio, there may be **hundreds** of other people infected with the disease.
- Polio immunization is safe, 99% effective, and has protected millions of people and children for decades.

### Who is at risk?

- Newborns, who are too young to be immunized against polio.
- Children 2 years of age and younger who are not up to date with their polio immunization schedule.
- All adults, including those who are pregnant, who are not immunized or not up to date with their immunization schedule.

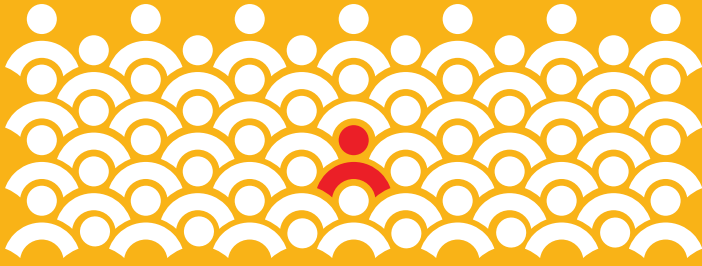
**There is no cure for polio. But you *can* protect yourself and your children against this disease through safe and effective immunization.**

**The best way to protect yourself and your children is by staying up to date with your polio immunization schedule.**

- **Children should get one dose at ages:**
  - 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 receive 3 doses if they are unvaccinated or unsure 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 poliovirus and who have previously completed a routine series of polio vaccine can consult with a healthcare provider about receiving a one lifetime booster dose of IPV.**



**Contact a health care provider or schedule your free immunization today.**  
[health.ny.gov/polio/immunization](https://health.ny.gov/polio/immunization)



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Symptoms, Spread, and Prevention

## 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.

## What are symptoms of polio?

Those who are unvaccinated or not up to date with their polio immunization schedule 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 become immobilized.

But, not everyone who gets polio will have symptoms. For those who do, symptoms may be mild and flu-like, and take up to 30 days to appear. During that time, people can be spreading the virus to others without knowing it. Those symptoms may include:

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

## How can I prevent polio?

### GET IMMUNIZED!

- Make sure you and your children are up to date with your polio immunization schedule.
- If you are not sure if you have been immunized, talk to a healthcare provider away who will make sure you get the protection you need.
- Handwashing with soap can help prevent the spread of germs.
- New Yorkers should know that alcohol-based sanitizers do not work well on some types of germs, like polio.

Want more information? [health.ny.gov/polio](https://health.ny.gov/polio)

