

## Prevention and Control Measures (Polio) Poliomyelitis

### What is Poliomyelitis?

- Polio is a debilitating and life-threatening disease. A virus that can affect the brain and spinal cord, polio can cause paralysis or even death. This makes polio very dangerous, especially for New Yorkers who are unvaccinated or not up to date with their polio immunizations.

### How does Polio spread?

- Polio spreads from person-to-person through contact with the poop (often tiny, invisible amounts) of an infected person. It can also spread through the sneeze or cough droplets from an infected person.
- This can happen when someone is in close contact with an infected person, such as by caring for them or sharing food or utensils with them.
- Polio is very contagious, and not everyone who is infected with polio will show symptoms. Some have mild or flu-like symptoms that can be easily mistaken for another type of virus.
- Eat raw or undercooked food or drink water or other drinks that are contaminated with the feces of an infected person. Touch a contaminated object and put your fingers in your mouth.

### What are the symptoms?

- Fever
- Fatigue
- Headache
- Stiffness
- Muscle or stomach pain
- Nausea/Vomiting
- Sore throat
  - Serious complications include Paresthesia (feeling of pins and needles in the legs)
  - Meningitis (infection of the covering of the spinal cord and/or brain)
  - Paralysis (can't move parts of the body) or weakness in the arms, legs, or both

### Where can I find more information?

- Ask your doctor
- Call the Alabama Department of Public Health, Immunization Division, at 1-800-469-4599
- Go to [cdc.gov](http://cdc.gov) and type Polio in the SEARCH box.



Alabama Department of Public Health

Immunization Division, 201 Monroe St, Montgomery, AL 36104

1-800-469-4599 <https://www.alabamapublichealth.gov/immunization/measles.html> 03/09/26

### Who is most likely to develop Polio?

- The primary risk factor is not being immunized against the virus.
- Children under 5 are the most susceptible demographic.
- Individuals living in or traveling to countries where the virus is still endemic.
- Individuals with compromised immune systems are more vulnerable.

### Is there a vaccine against Polio?

- Inactivated polio vaccine (IPV) is the only polio vaccine that has been given in the United States since 2000. Oral polio vaccine (OPV) is used in other countries.
- Most adults have likely already been vaccinated against poliovirus during childhood.
- Anyone not fully vaccinated. If you have had 1 or 2 doses of polio vaccine before, you should get the remaining 1 or 2 doses.
- As part of routine childhood immunization, children should get the inactivated polio vaccine (IPV) to protect against polio. According to CDC's ACIP recommendations, children should get four doses total, with one dose at each of the following ages:
  - Dose 1: 6 weeks through 2 months old
  - Dose 2: 4 months old
  - Dose 3: 6 months through 18 months old
  - Dose 4: 4 years through 6 years old

### Prevention and Control Measures:

**\*\*\* Contact a Central Office Epidemiologist *IMMEDIATELY*\*\*\***

- Initiate control measures ***within 24 hours of initial case notification***
- Identify close contacts/ high risk
  - High risk contact definition (contacts at highest risk of severe disease or transmitting disease to others at high risk)
    - Infants <1 year of age
    - Pregnant women
    - Caregivers & household contact of infants (e.g., family members, friends, or babysitters who spend time caring for an infant)
    - All those attending or working in a childcare setting (i.e. same room)
    - Healthcare workers who care for infants < year of age or pregnant/postpartum women
    - Unimmunized/under immunized children
  - Contact tracing (10 days before symptoms)
    - Ask about travel
- Obtain immunization history of case/contacts



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- Recommend they contact their PCP
- Provide education that includes basic information about the disease
  - As needed, inform of communicability, incubation period, symptoms, transmission, complications, and isolation
    - Instruct cases and contacts on the necessary isolation or any other restrictions
    - Counsel contacts to watch for signs or symptoms of occurring within 10 days after exposure and to seek medical care promptly
      - Their PCP should be notified, and proper specimens taken

***\*\*\* Note that the steps are not ordered by priority since several of these steps are conducted simultaneously***



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