

# 4 Polio

## Transmission

- Water or hands contaminated with the stools of infected people

## Symptoms

- Starts with mild symptoms, such as a sore throat and fever, with possible nausea, vomiting and stomach pains
- May be mistaken for influenza
- May develop to cause paralysis (crippling)

## Prevention

- ➔ Polio vaccine (2 drops in the child's mouth)
- ➔ Clean water
- ➔ Proper hygiene (handwashing with soap)

- ➔ Good sanitation facilities
- ➔ Health promotion

## Vulnerable people

- Children who are not vaccinated are most at risk

## In case of epidemic

- ➔ Mass vaccination campaigns by the health authorities
- ➔ Provision of clean or treated water
- ➔ Provision of good sanitation facilities
- ➔ Detection and referral of new and suspected cases to health facilities

- ➔ Social mobilization of the community to get children vaccinated
- ➔ Health promotion

## Volunteer actions

See the following **action tools** for more information on what actions to take against polio:

31	29	32	8	9	4	14	15	30	33
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## Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- Who and where are the vulnerable people?
- How many people have died from polio and where?
- How many people have fallen sick with polio and where?
- Are there any health services and where?
- What is the water and sanitation situation?
- Is the drinking water clean?
- Are there going to be vaccination campaigns?
- Is there a health promotion programme in place?



*A child with polio*

## Actions

- Get to know health workers who are doing vaccinations and the centres where they are done.
- Know the children and families who are hard to reach and help them reach vaccination centres.
- Help health workers make sure that all children are vaccinated.