



# PUBLIC FACT SHEET

## POLIO (POLIOMYELITIS)

### What is polio?

A disease caused by a virus which can lead to temporary paralysis, permanent paralysis or death.

### How is polio spread?

- Person to person by putting anything in the mouth that has come in contact with stool (poop) infected by the polio virus
- Person to person contact with infected droplets from the nose or mouth of people infected with polio.

### What are possible symptoms?

- Fever
- Headache
- Nausea
- Vomiting
- Extreme muscle pain
- Stiffness in the neck and back

### How is polio diagnosed?

By special laboratory tests of the throat, stool or spinal fluid.

### What is the treatment for polio?

There is presently no cure for polio. The goal of treatment is to control pain and discomfort.

### How can polio be prevented?

Polio vaccine effectively prevents polio in most people.

### For more information on poliomyelitis:

Ottawa County Health Department

[www.miOttawa.org](http://www.miOttawa.org)

Medline Plus/National Institutes of Health

[www.nlm.nih.gov/medlineplus/ency/article/001402.htm](http://www.nlm.nih.gov/medlineplus/ency/article/001402.htm)