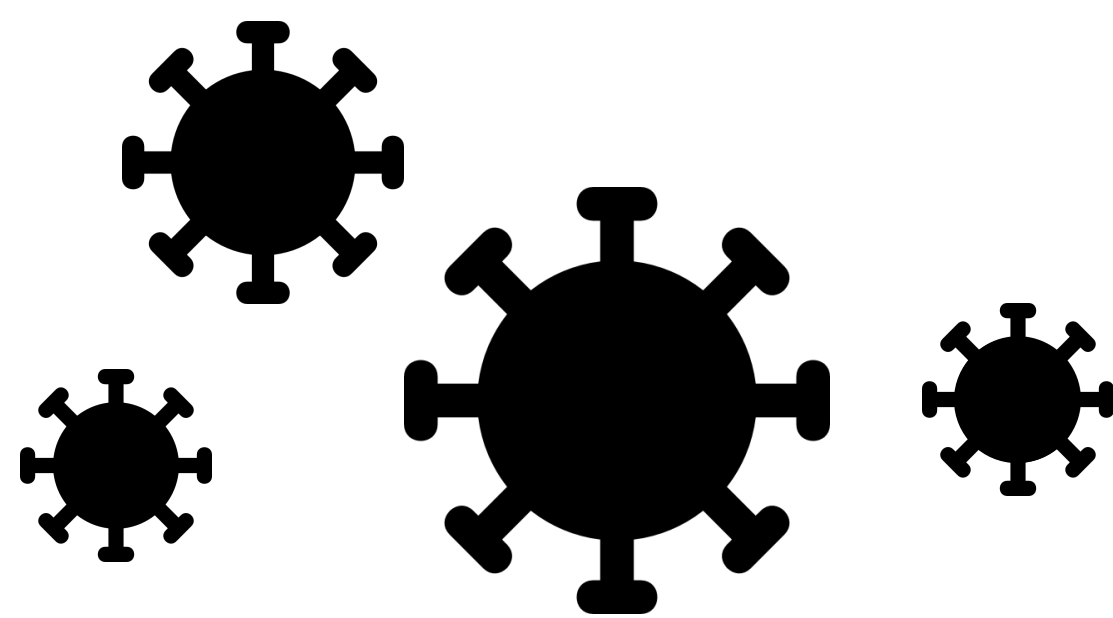


Poliomyelitis (Polio)



Fact Sheet



Poliomyelitis, also known as polio, is a disease caused by a virus that lives in the throat and gut. The virus infects the lymph nodes and the nervous system and may cause nerve damage and paralysis. The last wild polio infection in the United States was in 1979.



Polio spreads from one person to another when there is contact with secretions of the throat of an infected person. Polio can also be spread by coming in contact with stool of an infected person.

Signs and Symptoms



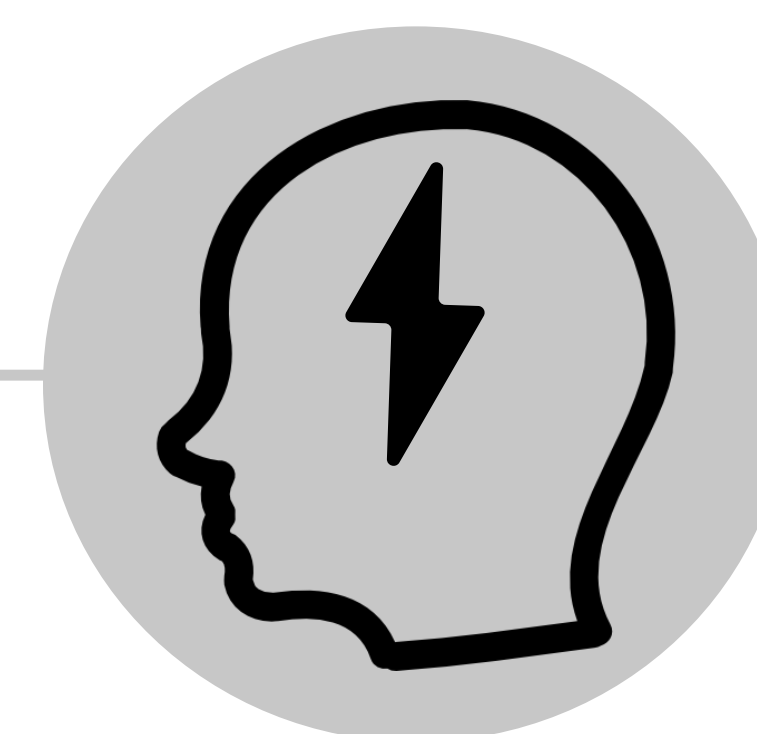
Fever



Fatigue



Nausea



Headache

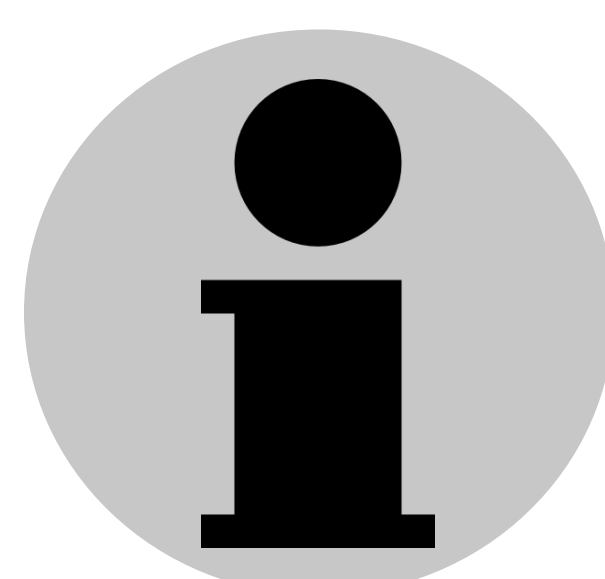
Most people infected with polio will not have signs or symptoms. When signs and symptoms are present they can include fever, fatigue, headache, stiffness in the neck and back, and pain in the limbs. Paralysis can lead to permanent disability and death.

Prevention



Vaccination is the best way to prevent polio and is the only way to stop the disease from spreading.

For More Information



Contact your doctor or the Maine Center for Disease Control and Prevention at 1-800-821-5821 for more information.

You can also visit www.cdc.gov/polio.
