

NAME: LAIBA QURESHI

32485-Laiba Qureshi-059.

ASSIGNMENT NO: 01

GENERAL SCIENCE AND ABILITY. (SIR MAJID)

## POLIOMYELITIS (POLIO)

### DEFINITION:

Polio, short for polio myelitis, is a highly infectious viral disease caused by the poliovirus. It primarily affects the nervous system and can lead to paralysis, especially in young children. Polio is transmitted through contaminated food and water.

### SYMPTOMS:

Many people infected with poliovirus do not exhibit symptoms (asymptomatic). In cases with symptoms, there may be flu-like symptoms such as fever, sore throat, headache and muscle stiffness.

In a small percentage of cases, the virus invades the nervous system, leading to more severe symptoms such as paralysis, muscle weakness and, in rare instances, respiratory failure.

### CAUSES:

Poliovirus, a member of the enterovirus family, is the cause of polio.

The virus is primarily spread through the fecal-oral route, often via contaminated water or food. It can be transmitted through respiratory droplets from an infected person.

### TREATMENT:

There is no specific cure for polio once an individual is infected. Supportive care is provided to alleviate symptoms and prevent complications. Physical therapy may be necessary for individuals experiencing paralysis or muscle weakness.

### PREVENTIVE MEASURES:

\* Vaccination: Routine immunization with the polio vaccine is the most effective preventive measure. Both oral polio vaccine (OPV) and inactivated polio vaccine (IPV) are used in different parts of world.

\* Hygiene Practices: Ensuring clean water and promoting good sanitation practices help prevent the fecal-oral transmission of the viruses.

Isolation and Quarantine: Infected individuals should be isolated to prevent the spread of the virus to others. Quarantine measures may be implemented in outbreaks.

Public Health Campaigns: Public health initiatives, including awareness campaigns and vaccination drives, play a crucial role in controlling and eradicating polio globally.