

# Polio

## Definition:-

Polio, or poliomyelitis, is a life-threatening disease caused by polio virus. The virus spreads from person to person and can infect a person's spinal cord, causing paralysis (cannot move parts of the body).

## Symptoms:-

Initial symptoms include fever, fatigue, headache, vomiting, stiffness of joints and neck and pain in the limbs.

One in 200 infections leads to irreversible paralysis (usually in legs). 5 to 10% die when their breathing muscles become immobilized. It mainly affects children under 5 years of the age.



## Causes:-

A person can be infected with polio virus if:-

- - He has picked up minute pieces of feces on his hands, and touches his mouth-
- - Come in contact with water which is contaminated with the causative agent.

## Treatment :-

There is no cure of polio. Only can be treated symptomatically. Heat and physical therapy is used to stimulate the muscles and antispasmodic drugs are given to relax the muscles-

## Preventive measures:-

The strategy to eradicate polio is therefore based on preventing infection by immunizing every child until transmission stops and the world is polio free-