

Poliomyelitis (Polio):-

Polio is a highly contagious viral infection caused by the poliovirus. This primarily affects the nervous system. Specifically the spinal cord and brain stem.

Symptoms:-

a) Asymptomatic:-

The majority of the infections are asymptomatic meaning they do not show any sign. However, they can still shed the virus in their feces, contributing to transmission.

b) Minor Symptoms:-

It includes various symptoms like, sore throat, fever, headache, fatigue, nausea and resembling flu-like illness.

c) Severe Case:- (Paralytic Polio).

In some cases, typically less than 1%, the virus invades the central nervous system, leading to paralysis. Paralysis can be mild or severe depends

on the case

Cause:-

Polio is caused by poliovirus belongs to the ~~et~~ enterovirus genus. There are 3 distinct types of the polioviruses: type 1, type 2 and type 3. Immunity to one does not confer immunity to others.

Treatment:-

→ There is no cure for polio once paralysis has occurred. Treatment focuses on managing symptoms and providing supportive care. Supportive measures include pain management, physical therapy and assistive devices.

Preventive Measures:-

a) Vaccination:-

Vaccination is the most effective way of preventing polio viruses. The inactivated polio virus (IPV) and oral polio virus vaccine (OPV) are used globally.

b) → Hygiene Practices:-

Practicing good hygiene can help prevent spread of Polio virus.

c) → Clean water and Sanitation:-

Ensuring access to clean drinking water and sanitation facilities reduce the risk of fecal-oral transmission.

Eradication Efforts:-

Global initiatives, such as the Global polio eradication Initiative (GPEI), have aimed to eliminate polio worldwide. This involves mass vaccination campaign, surveillance to detect cases and community engagement to ensure eradication of polio virus.