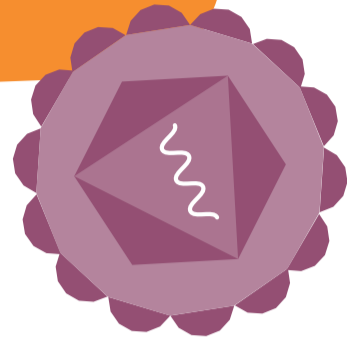


Polio vaccination

What is polio?

Polio is a disease caused by a virus which can spread through contact with faeces of an infected person e.g. not washing hands properly and contaminating surfaces or food. It can also spread through coughs and sneezes.

There's a very low risk of getting ill from poliovirus in the UK but the chances are much higher if you are not fully vaccinated.



What are the symptoms of polio?

Most people who get polio do not have symptoms.

Mild symptoms include:

- Fever
- Headache
- Sore throat
- Vomiting
- Extreme tiredness
- Muscle pain

In rare cases, polio can lead to serious complications affecting the brain and nerves such as paralysis and meningitis

The best protection against polio is through vaccination!



Importance of polio vaccination



The NHS routine childhood vaccinations include the polio vaccine. You need all five doses to have the best protection.



When vaccination levels are not high enough and immunity is low in the community, the virus can spread and cause harm.



Unvaccinated or partially vaccinated children aged 1 to 11 years old in London will be offered catch up polio vaccines in school and community clinics in summer 2023.

This infographic was updated in April 2023

It's important that everyone checks they and their children are up to date with their routine vaccines and to catch up when offered.

For more information visit www.immunology.org/childhood-vaccine-guide