

# Polio Vaccine

## (IPV)

Protects against the poliovirus.

### What is Polio?

Polio is a serious disease caused by the poliovirus that is spread through contaminated drinking water or food. It can also be spread from person to person through coughing or sneezing. Symptoms can include fever, headache, fatigue, muscle aches and pains, nausea, and vomiting, however there are often none. Complications of polio can include difficulty breathing, muscle paralysis, and death. There is no cure for polio but it can be prevented through immunization.

### Why get vaccinated?

Immunization is the best way to protect your family against serious diseases. This vaccine is most effective before exposure to the disease.

When it is given in the recommended number of doses, it protects 95% of people against polio.

Polio vaccination is required to attend school and child care settings in Ontario. Parents are required to provide a record of immunization or valid exemption before their child attends.

### Who is eligible to be vaccinated?

Infants and young children are routinely immunized for polio in combination with other vaccines at 2, 4, 6 and 18 months of age, with a booster dose at 4 to 6 years of age. Unimmunized adults, people who travel to countries where there are polio outbreaks, laboratory workers who handle specimens that contain poliovirus, and healthcare workers who look after patients who may have the poliovirus may require a polio booster. Travelers who are traveling to areas where poliovirus is known or suspected to be circulating are eligible to receive a single adult lifetime booster dose of an IPV-containing vaccine.

### Who should not have the vaccine?

- Anyone with a severe allergic reaction to any part of the vaccine or its container.
- Anyone who has had a serious allergic reaction to this vaccine in the past.
- Anyone with a high fever or serious infection worse than a cold.
- Anyone who has a history of Guillain-Barre Syndrome (GBS) within six weeks of a previous vaccine, please speak to a healthcare provider about getting this vaccine.

### What to expect after the vaccine?

Polio vaccine is safe and well tolerated. Side effects, if they occur, are usually mild and go away in a few days. Common side effects include redness, swelling and/or pain at the injection site.

Headache, fever, tiredness, dizziness, nausea and muscle aches may also occur, but are less common.

Severe allergic reactions (i.e. anaphylaxis), although rare, are a risk with the administration of any vaccine. It is recommended that you remain in a clinic setting for 15 minutes following immunization as this is the most common timeframe when anaphylaxis will occur.

## Stay up to date with your vaccinations

Make sure your healthcare provider updates your personal immunization record (yellow card) after you receive a vaccine. Keep your records in a safe place.

If your child attends licensed child care or school, please notify Public Health when a vaccine is given. You can report the vaccines in one of the following ways:

- **Online:** The Immunization Connect Ontario (ICON) tool available at [immunizewdg.ca](http://immunizewdg.ca) allows you to report and view your child's immunization record.
- **Email:** [vaccine.records@wdgpublichealth.ca](mailto:vaccine.records@wdgpublichealth.ca)
- **Phone:** 1-800-265-7293 ext. 4396
- **Fax:** 1-519-836-2986

## For more information visit:

- Wellington-Dufferin-Guelph Public Health: [wdgpublichealth.ca](http://wdgpublichealth.ca)
- Ontario Ministry of Health: [www.ontario.ca/page/vaccines](http://www.ontario.ca/page/vaccines)
- Immunize Canada: [www.immunize.ca](http://www.immunize.ca)
- Publicly Funded Immunization Schedules for Ontario: [www.health.gov.on.ca/en/pro/programs/immunization/schedule.aspx](http://www.health.gov.on.ca/en/pro/programs/immunization/schedule.aspx)