**Polio Vaccine (IPV)**

**Immunization protects you from disease. Get protected, get immunized.**

- Vaccines make your immune system stronger. They build antibodies to help prevent diseases.
- Immunization is safe. It is much safer to get immunized than to get this disease.

**What is the polio vaccine?**
The polio vaccine protects against the polio virus. The polio vaccine given by injection (needle) is called IPV.

**Who should have the polio vaccine?**
Your child can get the polio vaccine in school, up to the end of grade 12. They may get this vaccine if they have already been immunized for diphtheria, tetanus, and pertussis and only need a polio vaccine.

You may also get the vaccine if you are at risk for polio because of:
- travel to an area that has a high risk of polio
- your work (like some healthcare workers and laboratory workers)

**How many doses do I need?**
You get at least 3 doses of a polio vaccine the first time you are immunized for polio. This is called the primary series. You usually get this series as a baby with vaccines that also protect against other diseases.

After the primary series, you need an extra (booster) dose at age 4 years to keep you protected.

Adults who are at risk for polio may need a booster dose at least 10 years after they had the primary series.

**Are there other vaccines that protect against polio?**
Yes, the vaccines dTap-IPV, DTaP-IPV-Hib, and DTaP-IPV-Hib-HB all protect against polio.

- dTap-IPV protects against diphtheria, tetanus, pertussis (whooping cough), and polio. It is most often used as a booster dose for children who are age 4 years.
- DTaP-IPV-Hib protects against all of the same diseases as dTap-IPV but also includes *Haemophilus influenzae* type b (Hib). This vaccine is given to children born before March 1, 2018, who are under age 7 years as part of their primary series. Children also get this vaccine as a booster dose when they are 18 months old.
- DTaP-IPV-Hib-HB protects against all of the same diseases as DTaP-IPV-Hib but also includes hepatitis B. It is a vaccine that babies get if they are born on or after March 1, 2018.

The type of polio vaccine you get will depend on your age and other factors.

**How well does the vaccine work?**
After the primary series, the protection for polio is over 95%. After a booster dose, the protection is almost 100%.

**Where can I get the polio vaccine?**
If you need the vaccine because of your work (such as some healthcare workers and laboratory workers), talk to your workplace health and safety department.

If you are travelling to an area that has a high risk of polio, contact a travel health clinic (such as AHS Travel Health Services) or talk to your doctor or pharmacist.

All others can contact the public health office in their area to get the vaccine.
Are there side effects from the polio vaccine?
The polio vaccine can cause side effects, but they are usually mild and go away in a few days. Side effects may include:
- Redness or feeling sore where the needle went into your skin
- A fever

It is important to stay at the clinic for 15 minutes after your vaccine. Some people may have a rare but serious allergic reaction called anaphylaxis. If anaphylaxis happens, you will get medicine to treat the symptoms. It is common to have a mild side effect after a vaccine.

How can I manage side effects?
- To help with soreness and swelling, put a cool, wet cloth over the area where you had the needle.
- There is medicine to help with fever or pain. Check with your doctor or pharmacist if you are not sure what medicine or dosage to take. Follow the directions on the package.
- Children under the age of 18 years should not take aspirin because it can cause serious health problems.
- Some people with health problems, such as a weak immune system, must call their doctor if they get a fever. If you have been told to do this, call your doctor even if you think the fever is from the vaccine.

Who should not have the polio vaccine?
You may not be able to have the vaccine if you:
- Have an allergy to parts of the vaccine
- Have a severe or unusual side effect after this vaccine or one like it

Check with your doctor or a public health nurse before you get the vaccine.

You can still have the vaccine if you have a mild illness such as a cold or fever. Always tell your healthcare provider if you have allergies or if you have had a side effect from a vaccine in the past.

For More Information
Call Health Link at 811
Go to ImmunizeAlberta.ca
Go to MyHealth.Alberta.ca

Facts about polio

What is polio?
Polio is an infection of the nervous system (brain, spinal cord, and nerves) caused by a virus. Most people who get infected with polio do not have symptoms but can still spread the disease. Some people have mild flu-like symptoms. In rare cases, polio can lead to paralysis and death.

Who is most at risk?
Those most at risk of polio are:
- Children who have not had a polio vaccine
- Travellers going to areas that have a high risk of polio
- Adults that have contact with the polio virus through their work (some healthcare workers and laboratory workers)

How does it spread?
Polio spreads through stool infected with the polio virus. The infected stool can get onto hands or into food and water, and then into your mouth.