

Catonsville Travel Vaccines

Update on the Global Status of Polio

Information for Travelers

Although there is currently no known risk of catching wild polio virus in the United States and many other parts of the world, polio is still a risk to travelers who are going to certain countries. Polio is a serious disease that can cause paralysis and death. If you are going to one of the countries listed below, CDC recommends that you make sure you are up to date on your polio vaccine. If you are not up to date you will need to get a booster shot.

Polio Boosters Are Recommended for Travelers Visiting the Following Countries:

Afghanistan
Angola
Bangladesh
Benin
Bhutan
Burkina Faso
Burundi
Cameroon
Central African Republic
Chad
Congo
Côte d'Ivoire
Democratic Republic of the Congo (DRC)
Djibouti
Equatorial Guinea
Eritrea
Ethiopia
Gabon
Gambia
Ghana

Guinea
Guinea-Bissau
India

Kenya
Liberia
Mali
Mauritania
Namibia
Nepal
Niger
Nigeria
Pakistan
Rwanda
Senegal
Sierra Leone
Somalia
Sudan
Tanzania
Togo
Uganda
Zambia

More About Polio

Polio is a disease caused by a germ that lives in the throat and intestines. It is most often spread through contact with the stool (bowel movement) of an infected person. Polio germs can also be spread through food and water. The disease mainly affects children under 5 years old, but unvaccinated people of any age are at risk.

Advice for Travelers

If you are traveling to a country where you are at risk of getting polio, talk to your doctor to find out if you are up to date with your polio vaccination. Even if you were vaccinated as a child or have been sick with polio before, you may need a booster shot before you travel, to make sure that you are protected against all 3 types of poliovirus. If you are traveling with children, be sure that they have been vaccinated, too.

It is also important to wash your hands with soap and water. If soap and water are not available, you can use an alcohol-based hand gel. Wash your hands often, but especially at these times:

After

Using the bathroom
Changing diapers
Coughing or Sneezing

Before

Eating or drinking
Preparing food

To help prevent polio and other diseases, follow these tips to help make food and drink choices:

- Eat foods that are fully cooked and served hot.
- Eat and drink only dairy products that have been pasteurized.
- Eat only fruits and vegetables that you can wash with safe water and peel yourself.
- Drink only bottled or boiled water or beverages that have been bottled and sealed (water, carbonated drinks, or sports drinks). Avoid tap water, fountain drinks, and ice. If this is not possible, learn how to make water safer to drink.