

NAMAKWA DISTRICT MUNICIPALITY

POLIO OUTBREAK: HIGH ALERT!

We can protect our people from polio!

We can prevent the spread of polio!

We need your help!

Signs and symptoms of polio

Fever, headache, muscle pain, nausea, vomiting progress to weakness, loss of function or paralysis of limbs.

Take to the nearest facility any person who

Present with sudden onset of weakness of any limb

Present with generalized weakness or difficulty in breathing

Presents with unexplained weakness accompanied by shortness of breath while speaking

Has possible signs similar to polio

Facts about polio

Spread from person to person via fecal-oral route (contaminated hands and foodstuffs)

Not spread by sneezing and coughing

Not fully immunized people can get polio

Immunisation with right doses at right intervals protect

You can prevent polio

Make sure children are fully immunized

Wash hands with soap and water before handling food

Wash hands with soap and water after visiting the toilet

Wash fruit and vegetables with safe water before use

Travelers to Namibia

All travelers, irrespective of age are advised to get a booster dose of polio vaccine at least 10 – 14 days before departure

Employ high standards of hygiene right through your stay

Employ strict hand hygiene

Use safe water resources

FOR MORE INFORMATION:

Namakwa District Municipality: Community Services: Tel: 027 712 8000