

Polio Lesson Plan

****Ask participants their knowledge concerning polio. Place information received on any surface that can be seen by entire audience. During Health Lesson, review information on the board, verify and/or correct preconceived notions. Use posters when appropriate.****

1. What is poliomyelitis?

Poliomyelitis, popularly known as Polio, is a dangerous disease which attacks mostly children below 5 years of age and paralyses the arm or leg. The attack may later result in the affected arm or leg being shorter or smaller than it should normally be.

2. How does a child get polio?

Polio is spread from person to person, mostly through the stools of those who have the germs (poliovirus) which cause it, by way of contaminated hands and food and poor sanitation.

3. What should be done to prevent a child from having polio?

- i. Have him vaccinated against polio at birth at the health centre or hospital.
- ii. Make sure he is given 3 doses of the vaccine (one every 4 weeks) starting, if possible, at 6 weeks of age.
- iii. Ensure that he is vaccinated whenever there is a special polio eradication campaign.
- iv. Keep food and water in clean pots, bottles, cups, etc.

4. When a child has polio, what are the signs?

The signs are:

- i. fever,
- ii. vomiting,
- iii. frequent loose or watery stools,
- iv. sore muscles,
- v. sudden weakness or paralysis of part of the body.

5. If a child shows signs of polio, what should be done?

Take him to the health worker or doctor immediately.

6. Can polio be cured?

No, polio cannot be cured. Once the disease paralyses a child, no medicine will correct it. Some affected children may never be able to use the paralysed arm or leg again without assistance.

7. How can we help a child who has been struck by polio?

Take the child to a rehabilitation centre where a health worker who is trained to do so can advise you on how to help him.

The problems resulting from the paralysis of his limbs can be reduced through:

- i. proper positioning of the child's trunk and limbs when he sits or lies down;
- ii. moving the his limbs each day;
- iii. teaching him to do the activities that other children do;
- iv. providing special equipment, such as braces or crutches, if needed for the child to stand and walk.

It is better to prevent the child from having polio by ensuring that he is vaccinated than to try to help him alter he has been struck by the disease.

****Ask participants to share any stories they might have concerning polio. Then ask others to comment on the stories. Facilitate the discussion by directing participants through highlighting key factors contributing to the acquisition, transmission, signs and treatment of polio.****

Useful Facts:

- A) In 2005, the number of confirmed polio cases was 0 in Senegal
 - i. Concerning the Region, the number of confirmed polio cases was 854