

Annex 1.

Dear parent!

I would like your consent for the next (re)vaccination of your child (first name and surname)

_____ against **poliomyelitis** in accordance with the national immunisation schedule.

Immunisation is carried out using the inactivated vaccine (IPV).

The child is given one injection in the upper arm area. Post-vaccination side effects may include redness, soreness and swelling at the injection site. Less common side effects may include fever, headache, muscle pain, malaise and very rarely hives. The aforementioned symptoms usually resolve within two to three days.

General information about poliomyelitis is attached.

If you have any questions, please call _____, Mon-Fri at _____ or send an email to _____

School nurse _____

Parent _____
(first name and surname)

I consent: _____
(date, signature)

Poliomyelitis

What is poliomyelitis?

Poliomyelitis, or polio, is an acute viral infection characterised by symptoms of general intoxication and often damage to the central nervous system, manifesting as flaccid paralysis.

How does a person get infected with poliomyelitis?

The source of infection is an infected person or carrier who spreads the virus via faeces and upper respiratory secretions. The infection is transmitted from person to person primarily through contaminated food, water and items, or through the air.

What are the symptoms of poliomyelitis?

The risk group primarily includes children under 5 years of age. Although poliomyelitis is predominantly a children's disease, adults can also contract it. Typical symptoms include aches in various areas of the body, especially the back when palpating the vertebral column and bending the head or back muscles.

Pain often occurs in the limbs that later develop paralysis. Paralysis occurs in 1/200 cases, 5–10% of which are fatal. Around ¼ of patients who experience paralysis become disabled.

How to avoid infection?

The surest method of prevention is vaccination. The poliomyelitis vaccine is given to children as part of a combined vaccine. Pursuant to the immunisation schedule, children and adolescents are vaccinated against poliomyelitis as follows:

Age Vaccine dose

3 months first dose

4.5 months second dose

6 months third dose

1.5–2 years fourth dose (first revaccination)

6–7 years fifth dose (second revaccination)

The vaccine used for immunisation is the inactivated poliomyelitis vaccine (IPV), which contains inactivated viruses that do not cause illness. The protective efficacy of the vaccine is 99%. The IPV vaccine is given to children either as a single vaccine or as part of a combined vaccine. Post-vaccination immunity is believed to be lifelong, provided that the child has received all vaccine doses prescribed by the national immunisation schedule.

Occurrence of poliomyelitis in Estonia

Thanks to vaccination, the disease is non-existent in Estonia. The last cases were recorded in 1961.