



Protect yourself from Tick Borne Encephalitis (TBE) in Europe

Reviewed and approved by

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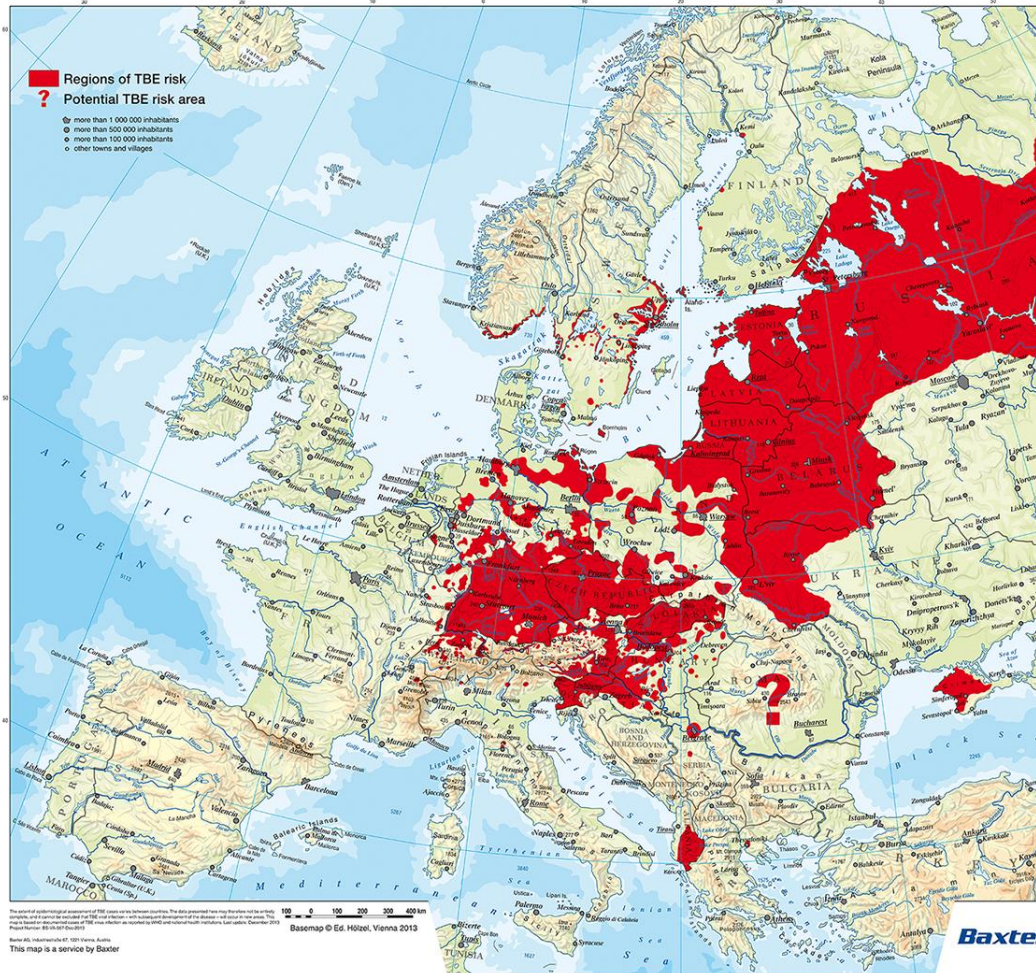
If you are planning any of these leisure activities:

- Walking, hiking, trekking
- Camping
- Cycling, mountain biking
- Climbing
- Other countryside pursuits
- Visiting public parks and beer gardens



In these 27 European countries:

Austria
Albania
Belarus
Bosnia
Croatia
Czech Rep.
Denmark
Estonia
Finland
France
Germany
Greece
Hungary
Italy



Latvia
Lithuania
Moldova
Norway
Poland
Romania
Russia
Serbia
Slovakia
Slovenia
Sweden
Switzerland
Ukraine



**You could be at risk
of a serious disease!**



What is TBE?

- Tick Borne Encephalitis (TBE) is a viral disease that attacks the nervous system and can lead to severe meningitis, encephalitis and death
- 10,000-12,000 cases of TBE are reported every year
- There is no specific treatment for TBE



What are the symptoms of TBE?

- Symptoms usually appear 4 - 28 days after a bite from an infected tick
- **For 1-8 days:** flu-like illness (e.g. fever, headache, nausea and vomiting, sore muscles, tiredness) then full recovery
- **1-20 days after first illness:** a serious illness develops with severe symptoms including meningitis (*inflammation of tissues around the brain*), encephalitis (*brain inflammation*), permanent disability and even death



What are the health risks?

- 2 out of every 100 people with TBE will die from the disease
- Up to 30% of severe TBE cases need hospital treatment
- 75% of people with severe TBE suffer meningitis (*inflammation of tissues around the brain*)
- 1 in 5 people with severe TBE develop encephalitis (*brain inflammation*)
- In severe cases up to 10% result in inflammation of the spinal cord



Even after recovery, long-term health consequences can include:

Headache



Balance disorder

Fatigue



Mood disorder

Decreased concentration



Speech disorder

Decreased memory



Paralysis



How do you contract TBE?

- TBE is transmitted within minutes from the bite of an infected tick
- Ticks are second only to mosquitoes for carrying disease to humans
- Ticks can be as small as a poppy seed and difficult to detect
- Ticks are active from March to October



Where do ticks live?

- Many people contract TBE through outdoor leisure activities
 - Woodland and forests
 - Meadows and grassland
 - Hills/mountain regions
 - Public parks
- Riverbanks and lakes
 - Campsites
 - Beer gardens



**But you can
take action!**



Protection against TBE

- Talk to your GP, practice nurse or travel clinic 8 weeks before you travel and before visiting a TBE destination
- “In TBE countries where a vaccination programme has been introduced the number of cases of the disease has dropped.” (World Health Organisation)



How to avoid tick bites

- Use an insect repellent effective against ticks
- Avoid wearing shorts in at-risk areas, tuck trousers into socks and cover all exposed skin with protective clothing
- Inspect your skin for ticks, ask a friend to help and remove as soon as possible with fine-tipped tweezers
- Avoid unpasteurised milk which may also be infected with the TBE virus in endemic regions



5 Facts to Remember

- TBE is a serious disease that can kill
- TBE is transmitted within minutes from the bite of an infected tick
- TBE can lead to encephalitis, meningitis and long-term health consequences
- TBE is endemic in 27 European countries
- TBE can be prevented, so visit your GP or travel health clinic 8 weeks before travel



Be Tick Alert!

- For more advice and information about TBE and tick borne diseases visit www.tickalert.org
 - TBE Travel Check tool
 - Interactive map
 - Latest risk news
 - Videos
 - Downloads for group sharing

