



Protect yourself from Tick Borne Encephalitis (TBE) in Europe

Reviewed and approved by

Sandra Grieve RGN RM BSc (Hons) Dip Trav Med FFTM RCPS(Glasg)

Independent Travel Health Specialist Nurse

Former Chair and Travel Health Lead - RCN Public Health Forum



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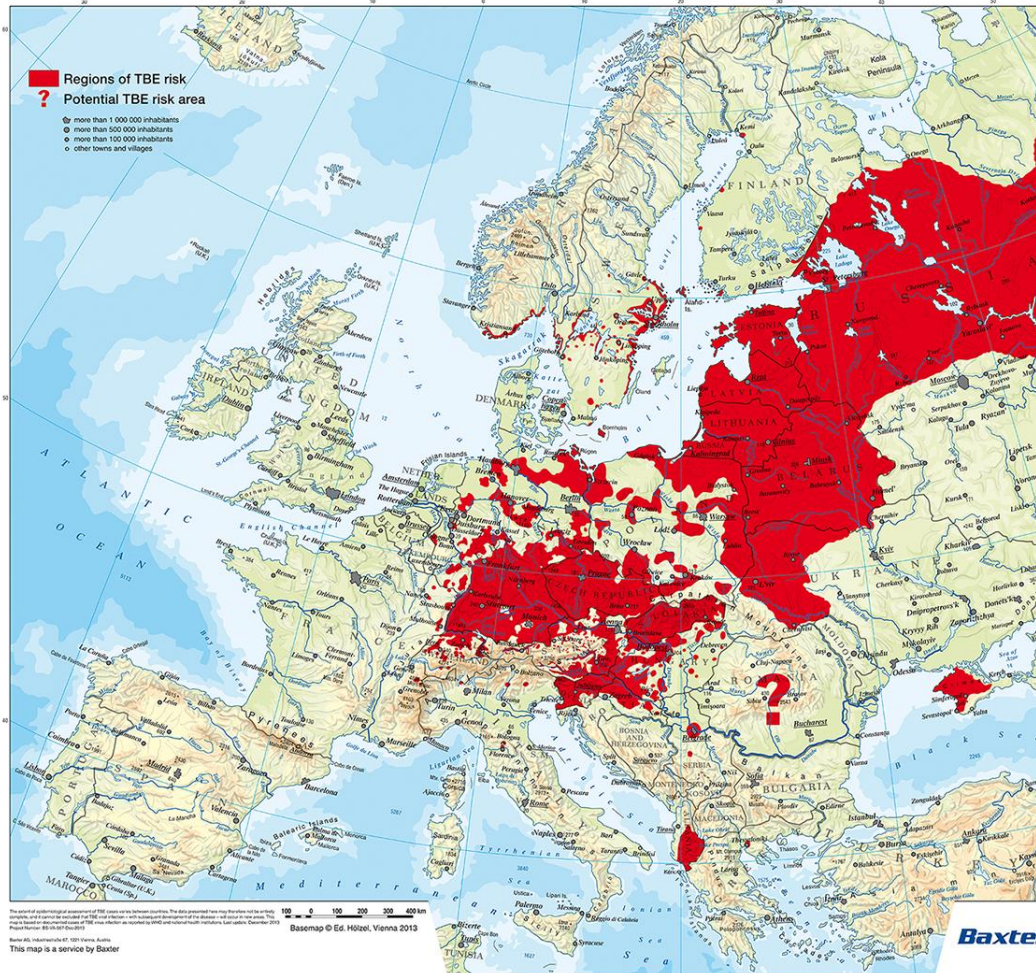
If you are planning any of these leisure activities:

- 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



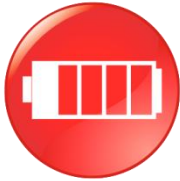
Even after recovery, long-term health consequences can include:

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

