TBE risk areas in Germany

- Defined TBE risk areas according to the Robert Koch Institute.
- Districts with isolated cases of TBE that do not meet the definition of a TBE risk area acc. to the Robert Koch Institute.

Status: April 2014

TBE risk areas in Europe

- TBE risk areas in Europe (according to the data of the national health authorities)
- You can expect TBE infections in these areas. Detailed documentation of such infections is not available.

- Individual TBE cases (data from local authorities or scientific publications)

Not all countries keep full epidemiological records of TBE cases. That is why they do not claim to be complete. Status: April 2014

Scan the QR code and watch a tick bite someone.

TBE cannot be treated.

With a TBE risk map for Germany and Europe

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TBE

get vaccinated.

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1) Robert Koch-Institut (RKI), Epi. Bull. 21/2015
5) Robert Koch-Institut (RKI), Epi. Bull. 21/2015

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Ticks are everywhere outdoors. They can carry different disease-causing organisms, which are transmitted to humans through a bite and can cause serious diseases such as TBE (tick-borne encephalitis) and Lyme disease. This small leaflet will tell you where, when and how you can protect you and your family from TBE.

Where do ticks live?
Ticks live close to the ground. They are found in forests, meadows and gardens. They also live in places such as swimming pools and playgrounds, which are surrounded by tall grass and bushes. Ticks climb up the blades of grass and shrubs to a height of 1.5 m. We brush the ticks off in passing. Ticks are most active between the spring and late autumn.

Why can ticks be dangerous to humans?
When they suck blood, ticks can transmit various pathogens. A quick bite is enough to infect someone. The two most important tick-borne diseases are Lyme disease, a bacterial disease, and TBE (tick-borne encephalitis), a form of meningitis triggered by the TBE virus.

Lyme disease
Lyme disease is caused by bacteria which are transmitted by ticks when they suck blood. A red ring often forms around the site of the bite. If this is the case, seek immediate medical attention. There is no vaccination against Lyme disease. Lyme disease can be treated relatively well (especially in the early stages) with antibiotics.

How do I remove a tick?
As quickly as possible! Grasp the tick using tweezers, tick pliers or a tick removal card near the site of the bite and pull it slowly upward. Disinfect the bite area afterwards.

How can I protect myself from ticks?
- Long sleeves and long trousers offer some protection from tick bites.
- Insect repellents provide temporary protection.
- Avoid tall grass, bushes and undergrowth.
- When you’ve been outdoors always check your body thoroughly for ticks.

How do I recognize a case of TBE?
TBE disease is a viral disease caused by a tick bite. Like influenza, it often starts with fever, headaches and aching limbs.

How does the disease progress?
In a second phase, TBE infection can cause inflammation of the cerebral membrane, the brain, the nerves and the spinal cord. In 5–20% of cases, a severe case of TBE leads to paralysis and permanent damage; 1% of cases end in death.

- 90% of patients infected by TBE are infected during their leisure time.

Am I at risk?
The risk becoming infected is not limited only to people whose job puts them at risk, such as foresters, hunters, members of the military and forestry and agricultural workers. Leisure activities are by far the most frequent cause of TBE! 90% of TBE patients become infected while jogging, hiking, cycling, horseback riding, golfing, fishing, swimming, picnicking, camping, taking the dog out for a walk, playing in the garden, etc.

- Only the TBE vaccination can protect you against the disease!

Protection against TBE
The TBE vaccination offers a high level of protection against falling ill with TBE. Once TBE cannot be treated, vaccination is very important. The TBE virus can be transmitted immediately after the tick bite. That is why removing the tick does not protect you against TBE.

- TBE viruses can be transmitted immediately after being bitten.

Should I get vaccinated against TBE?
We recommend that all people living in a TBE risk area or who travel there with the intention of being outdoors receive the TBE vaccination.

The cost of a TBE vaccination is covered by your health insurance if you stay/travel in risk areas in Germany.

- Don’t forget to have all 3 vaccinations for basic immunization!

How can I get vaccinated against TBE?
To be fully immunized, you will need to have a total of 3 separate injections. You can be vaccinated against TBE at any time of the year. The 1st and 2nd doses should ideally be carried out during the cold season, so that you are already protected when ticks start to become active in the spring. The 3rd part of the vaccination ensures long-term protection for several years. After that, you will need a booster dose. There are different doses of the vaccine for children and adults.

How well tolerated is the TBE vaccination?
The TBE vaccination is well tolerated in children and adults. Possible vaccine side-effects include mild redness, pain and swelling at the injection site, tiredness or elevated temperature. These side-effects clear up in a few days.