

TICK-BORNE ENCEPHALITIS (TBE)



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مركز الأمراض الإنتقالية
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Introduction

Tick-borne encephalitis (TBE) transmitted to humans by a bite from an infected ixodes tick. Less commonly, the disease can spread by drinking unpasteurized milk from infected animals, especially goats.

Most human infections contracted during outdoor leisure pursuits such as forestry working, camping, rambling and mountain biking, during tick season (spring to early autumn).

Endemic areas exist in eastern, central and northern Europe, northern China, Mongolia and Russia.

The Illness

- TBE produces clinical features similar to those of many other types of meningitis and/or encephalitis.
- Incubation - 2-28 days (most commonly 7-14 days)
- The disease can present initially as flu like illness followed by fever, headache and meningeal signs.

Treatment

- No specific treatment is available for TBE.

Vaccination

- Travelers should consider vaccine against TBE if they are at risk of tick bites when working or camping in endemic areas.
- The vaccine is given in 3 Doses intramuscularly: at 0, + 1-3 months, + 5-12 months after the 2nd dose, with booster dose every 3-5 years if the risk is continued.

Recommendations For Travellers

All travelers to endemic areas should be:

- Aware of TBE, its transmission
- Aware of activities increasing tick exposure, e.g. walking, camping, cycling in forested areas in tick season.
- Avoiding tick bites and promptly removal of ticks; use of appropriate clothing i.e. trousers tucked into socks and use of insect repellents.
- Avoid unpasteurized milk/milk products.