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# Choose to Protect Yourself Against Tick-borne Encephalitis with a Vaccine

## What You Need to Know

- Safe and effective vaccines to prevent tick-borne encephalitis are available for individuals aged 1 year and older.
- Contact your local immunization clinic to discuss your vaccination options.

## What is TBE?

Tick-borne Encephalitis (TBE) is a virus spread within minutes from the bite of an infected tick. The virus can cause severe disease including an infection of the brain or the membranes around the brain and spinal cord. There is no specific treatment for TBE.

## Where is TBE virus located?

TBE is not found in the United States. TBE is commonly found in several central, northern, and eastern European countries, and is most common in Baltic and Central European countries.

## Who is at risk?

Ticks that spread TBE are most active in warmer months (April to November), but can spread disease all year. Those who spend time outdoors, in and near wooded areas, are at the highest risk of being bitten by an infected tick.

## Key Facts About TBE



**>30** countries affected throughout Europe and Asia.<sup>1,2</sup>



**4,673** confirmed cases reported in Europe and Asia in 2020.<sup>2</sup>

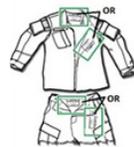


**30-60%** develop long-term consequences after having severe disease.<sup>3</sup>

References: 1. Dobler G, Erber W, Bröker M, Schmitt HJ, eds. *The TBE Book*. 4th ed. Global Health Press; 2021. 2. Fischer M, Gould CV, Rollin PE. Tickborne Encephalitis. Centers for Disease Control and Prevention. *CDC Yellow Book 2020: Health Information for International Travel*. New York: Oxford University Press; 2017. Chapter 4 Accessed March 22, 2023. <https://wwwnc.cdc.gov/travel/yellowbook/2020/travel-related-infectious-diseases/tickborne-encephalitis>. 3. Centers for Disease Control and Prevention. Tick-borne encephalitis (TBE) Factsheet. Accessed March 22, 2023. [https://stacks.cdc.gov/view/cdc/12233/cdc\\_12233\\_DS1.pdf](https://stacks.cdc.gov/view/cdc/12233/cdc_12233_DS1.pdf)

## Additional Tick Prevention

### DoD Insect Repellent System



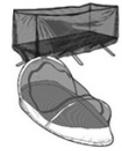
PERMETHRIN-TREATED UNIFORM



DEET, PICARIDIN, OR IR3535



PROPERLY WORN UNIFORM



PERMETHRIN-TREATED BED NET

### Use ALL elements for maximum protection.

Frequently check clothing for ticks while outdoors and check all skin surfaces for ticks after being outdoors. Promptly remove ticks using tweezers or similar devices.



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