



BEWARE OF TICKS!

Should I get vaccinated against TBE?

Ticks are bloodsucking parasites. They like to live on meadows, at the edges of forests, in clearings or near streams. However, they have also been found in city parks, football stadiums, swimming pools, beer gardens and even on playgrounds and in gardens.

Why can ticks be dangerous for humans?

Along with mosquitoes, ticks are among the main vectors of disease in the world.¹ The two most important tick-borne pathogens in Germany are TBE viruses (early-summer meningoencephalitis viruses) and *Borrelia* (bacteria that can trigger Lyme disease).



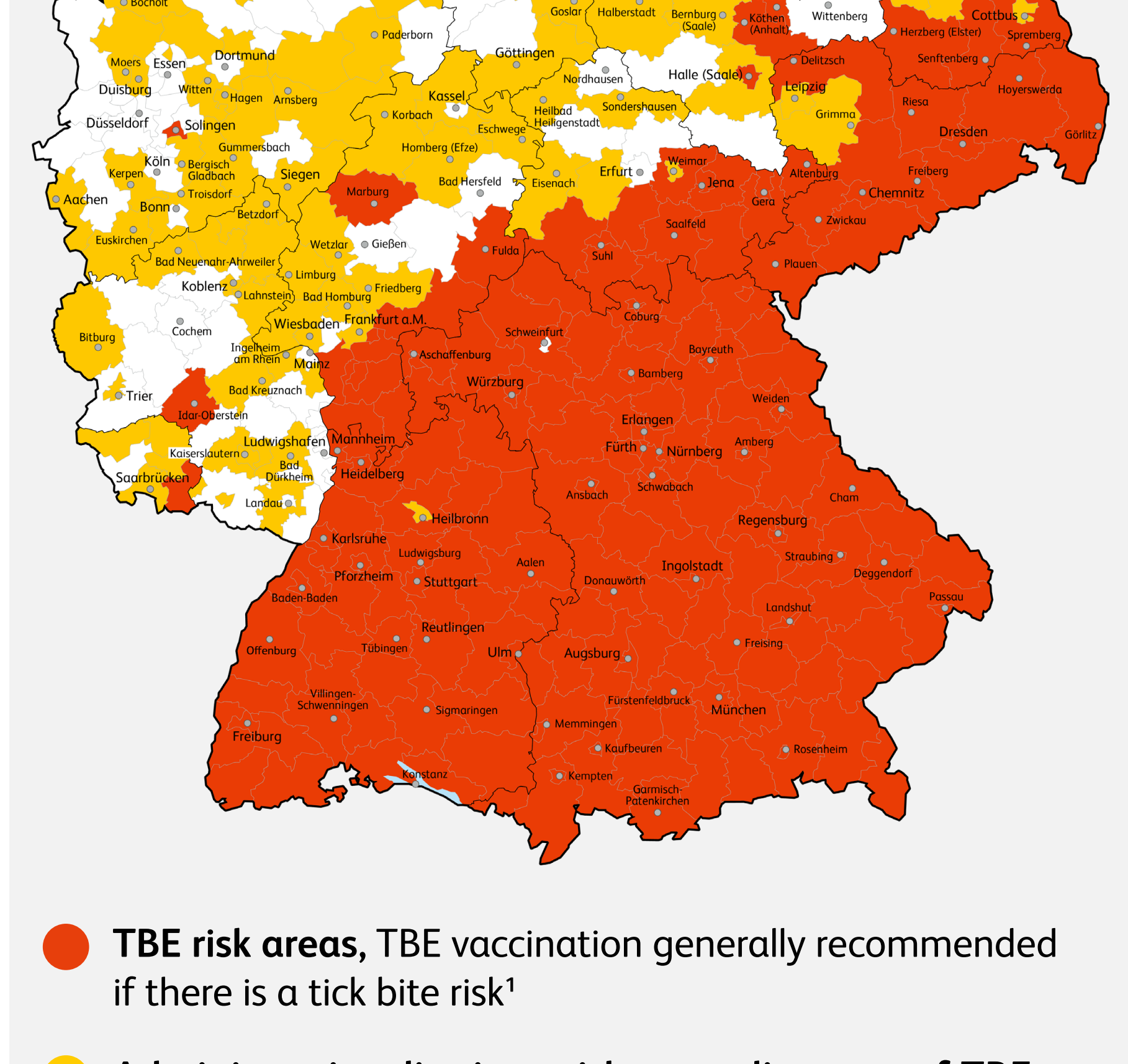
How can you protect yourself from Lyme disease and TBE?

Lyme disease is triggered by bacteria. This means that the disease can be treated with antibiotics. However, **vaccination is the best protection** against TBE, as the cause of the disease cannot be treated with medication.

Who should get vaccinated against TBE?

When people in certain regions of Germany fall ill with TBE more often than elsewhere, the Robert Koch Institute designates these areas as TBE risk areas. Large parts of Bavaria, Baden-Württemberg and parts of Southern Hesse, Saxony, Brandenburg and Thuringia are particularly affected. However, individual districts in Central Hesse, Lower Saxony, North Rhine-Westphalia, Saxony-Anhalt, Saarland and Rhineland-Palatinate are also regarded as TBE risk areas. Anyone who lives here, travels here or goes on excursions here and is exposed to a tick risk should get vaccinated against TBE.

Numerous regions within Europe and even as far as Asia are also classified as TBE risk areas. Many popular holiday regions are affected. TBE vaccination is, therefore, also advisable when travelling to TBE risk areas outside of Germany.



- **TBE risk areas**, TBE vaccination generally recommended if there is a tick bite risk¹
- **Administrative districts with sporadic cases of TBE**, but which do not meet the definition of a TBE risk area according to the Robert Koch Institute (248 cases in the period 2002-2025). If there is a risk of ticks: TBE vaccination for individuals planning a vacation or excursion in risk areas¹
- No TBE cases reported to date. If there is a risk of ticks: TBE vaccination for individuals planning a vacation or excursion in risk areas¹

¹ TBE risk areas according to the Robert Koch Institute (RKI) Epid Bull 09/2026.

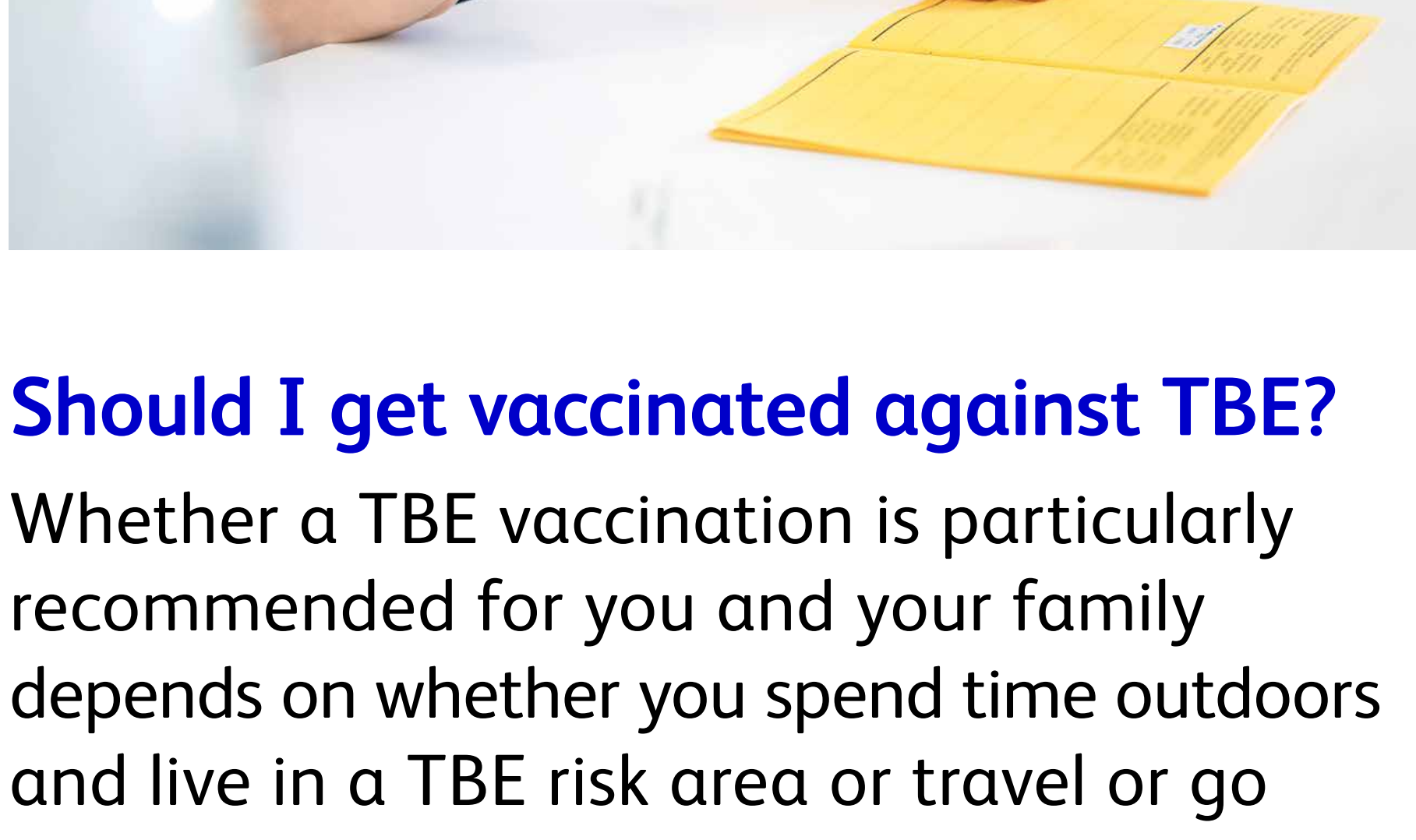
Note: Infection is possible even outside currently known risk areas.

Who is at risk from ticks?

It is not only foresters and people working in woods and on farms who come into contact with ticks. More than 90 per cent of tick bites occur during leisure time activities², e.g. when picnicking or barbecuing, going for a walk, cycling or simply gardening.

More than two-thirds of those who contract TBE are over 40 years of age.³ About ten to fifteen percent of those affected are children under 14 years of age.⁴ The youngest patient was a 17-day-old baby.⁵ Across all age groups, men are more likely to contract TBE than women and boys more likely than girls.³

NB: The risk of damage to the brain or spinal cord increases with age.⁶



Should I get vaccinated against TBE?

Whether a TBE vaccination is particularly recommended for you and your family depends on whether you spend time outdoors and live in a TBE risk area or travel or go on excursions in one.

Depending on the vaccine used and the vaccination schedule, three or four vaccinations in a fixed period of time are needed to provide protection against TBE that will last for a few years.

You should, therefore, ask for medical advice from your doctor or pharmacy.

¹ Medscape. Tick-borne diseases. Available from: <https://emedicine.medscape.com/article/786652-overview>. (Accessed: 04 Apr 2024).

² Kaiser R. *Brain* 1999; 122 (Pt 11): pp. 2067-78.

³ Reporting data according to the Robert Koch Institute: SurvStat@RKI 2.0, <https://survstat.rki.de> – Data status:

Art. 7.1 IfSG - dated 27 Mar 2024 (to the end of calendar week 12, 2024), Art. 7.3 IfSG - dated 01 Mar 2024 (to the end of December 2023) | Accessed: 28 Mar 2024

⁴ Sundin M et al. *Eur J Pediatr* 2012; 171(2): pp. 347–352.

⁵ Jones N et al. *Pediatr Infect Dis J* 2007; 26(2): pp. 185–186.

⁶ Kaiser R. *Infect Dis Clin N Am* 2008; 22: pp. 561–575.

