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Changes to the Country Information pages: Tick-borne encephalitis

NaTHNaC has reviewed and updated country-specific tick-borne encephalitis information and vaccine recommendations

NaTHNaC, with UK Health Security Agency, has recently reviewed destination-specific guidance for countries with a known or possible risk of tick-borne encephalitis (TBE). [Further information is available](#) about this review.

Based on this review, country-specific vaccine recommendations have been updated for the following countries:

Belgium, Croatia, Czech Republic, Denmark, Finland, France, Germany, Greece, Italy, Japan, Kazakhstan, Kosovo, Kyrgyzstan, Latvia, Moldova, Mongolia, Montenegro, Netherlands, North Korea, North Macedonia, Norway, Poland, Romania, Russia (Russian Federation), Serbia, Slovakia, Sweden, Ukraine and the United Kingdom.

Country-specific information can be found in our [Country Information pages](#) and [Outbreak Surveillance section](#).

Advice for travellers

TBE is a virus usually spread by the bite of an infected tick but can also be spread through eating or drinking raw (unpasteurised) milk or dairy products.

Before you travel

TBE is a vaccine preventable disease. Infected ticks are found in woods, forests and grasslands (including city parks) in some areas of Asia, Europe and Siberia. Unpasteurised dairy products are also a risk in countries reporting TBE.

Check our [Country Information pages](#) to see if vaccine is recommended for your destination.

Make an appointment with a travel clinic or pharmacy to discuss vaccination if you think you are at risk.

While you are away

Reduce your TBE risk by wearing long sleeves/trousers, applying insect repellent regularly and follow [insect and tick bite avoidance advice](#).

Check skin and clothes regularly for ticks and remove them as soon as possible using [a recommended technique](#).

Wearing light coloured clothes makes it easier to spot ticks.

Do not eat or drink any unpasteurised milk products.

[More information about TBE is available in our Topics in Brief.](#)

When you return

If you have a fever, headache, flu like symptoms, extreme tiredness and muscle ache within 28 days of returning from a TBE risk country or after a tick bite, seek urgent advice from your doctor.

Remember to tell your doctor you have recently travelled abroad (giving details of every country visited) so the right investigations and testing can be carried out.

Advice for health professionals

TBE vaccination is recommended for anyone visiting TBE affected areas whose activities put them at increased risk:

- living in TBE risk areas
- working in forestry, woodcutting, farming and the military
- visiting forests, woods, grasslands and urban parks; camping, fieldwork, hiking and hunting
- laboratory workers who may be exposed to TBE

See our [Country Information pages](#) for destination specific TBE vaccine recommendations.

Resources

- [Tick-borne encephalitis factsheet](#)
- [UKHSA: Immunisation against infection. Chapter 31. Tick-borne encephalitis](#)
- [UKHSA: Tick-borne encephalitis: epidemiology, diagnosis and prevention](#)