**Tick-borne encephalitis**

Takto se to správně jmenuje.

<https://www.tickalert.org/>

video

**What is Tick Borne Encephalitis?**

Tick Borne Encephalitis (TBE) is a type of Encephalitis that is caused by a virus that is spread by ticks.

**What are the symptoms of TBE?**

Most people who are infected with the Tick Borne Encephalitis virus actually show no symptoms at all. In those that do have symptoms they typically appear about 1-2 weeks after the bite. It can be as short as 4 days and as long as 4 weeks. About one third of patients will not have even noticed the tick bite.

In the European type of TBE there are normally 2 phases to the illness. The first phase occurs when the virus is in the blood stream. This phase consists of flu like illness with symptoms such as fever, headache and generalised body aches. It lasts around 5 days. There is then about a week with no symptoms which is followed by the second phase of the illness. The second phase is where the brain or nerves are involved. The severity of the second phase varies between patients. Some people will have a very mild illness whilst others may die. Older people tend to get more severe illness than younger people or children.

The symptoms in the second stage are similar to other causes of Encephalitis and Meningitis (inflammation of the lining of the brain). These include neck stiffness, headache, drowsiness, poor coordination and tremor. Some patients will also get limb weakness (most often in the arms). In severe cases the muscles that control the breathing are affected and people may die.

**What tests can be done to diagnose TBE?**

Pictures of the brain using CT (computerised tomography) scans or MRI (magnetic resonance imaging) will be done as in other causes of Encephalitis. A lumbar puncture (sometimes called a ‘spinal tap’) will also be done to examine the fluid that surrounds the brain. These tests are helpful to diagnose Encephalitis but are not specific for TBE. However, there is a blood test that can be done specifically for TBE.

**What are the consequences of TBE?**

Some people (less than 2%) may die from TBE. (This is more common in the Far Eastern type). Most people will recover completely. Still others may have long lasting disability such as paralysis (the inability to move your arms and/or legs). Long-lasting paralysis may occur in up to 6% of people with TBE.

Between 10 and 20% of people will suffer from other complaints such as headache, tiredness, difficulty concentrating and poor memory for at least a year after the illness.

**What treatment is available for TBE?**

Unfortunately there is no specific treatment for TBE. For people who have severe disease they may need supportive treatment in hospital such as intensive care. However most people will only need symptom control.

TBE can be prevented by avoiding the areas where the disease occurs. If that is not possible then there is also a vaccine available for people who live in highly endemic areas, or travellers to those areas.

Tick-borne encephalitis (TBE) is a viral infection spread to humans by the bite of a tick.

**Initial symptoms of TBE are similar to flu and can include:**

•a high temperature (fever)

•a headache

•tiredness

•muscle pain

These symptoms usually last for up to eight days, after which point most people make a full recovery.

However, some people go on to develop more serious symptoms caused by the virus spreading to the protective layer of tissue that covers the brain and spinal cord (meningitis) or the brain itself (encephalitis).

**These 'second-stage' symptoms can include:**

•changes in mental state, such as confusion, drowsiness or disorientation

•seizures (fits)

•sensitivity to bright light (photophobia)

•being unable to speak

•paralysis (inability to move certain body parts)

If TBE reaches this stage, you'll usually need to be admitted to hospital. These symptoms tend to get slowly better over a few weeks, but it may take several months or years to make a full recovery and there's a risk you could experience long-term complications (see below).

Around one in every 100 cases of TBE is fatal.

**Symptoms of tick-borne encephalitis**

Around two in every three people infected with a tick-borne encephalitis (TBE) virus don't develop any symptoms. However, if symptoms do develop, they can be very serious.

In most cases, the symptoms of TBE develop in two distinct stages.

**First stage**

The initial symptoms of TBE usually develop at some point between two and 28 days after being bitten by an infected tick. Symptoms can include:

•a high temperature (fever)

•a headache

•tiredness

•muscle pain

•feeling sick

These initial symptoms usually last for one to eight days, after which point most people will make a full recovery.

However, after a period of up to three weeks without any symptoms, some people will go on to develop more serious problems.

**Second stage**

In the second phase of the infection, the virus starts to affect your central nervous system (brain and spinal cord), which can cause:

•meningitis – inflammation of the membranes surrounding the brain and spinal cord

•encephalitis – inflammation of the brain

Symptoms of meningitis and encephalitis include:

•a sudden fever

•nausea and vomiting

•a stiff neck

•a headache

•changes in mental state, such as confusion, drowsiness, or disorientation

•seizures (fits)

•sensitivity to bright light (photophobia)

•an inability to speak

•personality and behavioural changes

•paralysis (inability to move certain body parts)

If TBE reaches this stage, you'll need to be admitted to hospital. These symptoms usually slowly get better over a few weeks, but it may take several months or years to make a full recovery and more than one in 10 people develop long-term problems.

Around one in every 100 people who develops symptoms of TBE will die as a result of the condition.

**When to seek medical advice**

You should contact your GP if you've returned from an area of the world with a high TBE risk and you start to experience flu-like symptoms.

Seek medical advice as soon as possible if you've been bitten by a tick in a TBE risk area and you haven't been vaccinated against TBE, or if you develop a rash or fever after being bitten.

<http://www.nhs.uk/Conditions/Tick-borne-encephalitis/Pages/Symptoms.aspx>

**How tick-borne encephalitis is treated**

If a doctor thinks you may have TBE, they'll carry out a blood test or lumbar puncture (where a sample of spinal fluid is removed) to confirm whether you're infected.

There's currently no cure for TBE, so treatment aims to help relieve symptoms until the infection passes.

If you only experience the initial symptoms of TBE, no treatment is required other than taking painkillers, such as ibuprofen or paracetamol, to help relieve your symptoms.

You'll usually be admitted to hospital if you develop second-stage symptoms. In hospital you'll receive fluids into a vein (intravenous fluids), help with breathing and nursing care.