In [country], a tick-borne disease to be aware of is Crimean-Congo haemorrhagic fever which manifests itself with the following symptoms:

- Fever
- Muscle pain
- Dizziness
- Bleeding
- Abdominal pain
- Vomiting

Please contact your doctor if you experience any of these symptoms within 30 days after the bite.

Crimean-Congo haemorrhagic fever in Europe

Crimean-Congo haemorrhagic fever can be found in the Balkan countries and in the countries bordering the Black Sea. Before travelling abroad, consult the websites of the national health authorities to check whether tick-borne diseases are a risk in the region you are travelling to and ask your doctor regarding necessary precautionary measures, especially if you plan to engage in outdoors activities (camping, hiking, hunting, lake or river fishing, etc.) during your visit.

In Europe, the main tick-borne diseases to be aware of include: Tick-borne encephalitis, Lyme borreliosis, Tick-borne relapsing fever, Mediterranean Spotted Fever, Crimean-Congo haemorrhagic fever and Anaplasmosis.

Ticks can pass on diseases

Ticks are very small and feed on the blood of mammals, reptiles and birds. As they feed, they can pick up bacteria or viruses naturally carried by these animals. Ticks can also bite humans who pass through the environments in which ticks live, so there is a risk that ticks may transfer infections into your bloodstream through a tick-bite. This can cause diseases.

Ticks' life cycles go through four stages: egg, larva, nymph and adult. During the last three stages the tick feeds on blood and transmit disease. To the naked eye the larvae look like specks of dust, while nymphs are slightly larger, pinhead or poppy seed size. Adult ticks have eight legs and are the size of small spiders. The adult ticks can also vary in colour, from reddish to dark brown or black. Once fed, a female tick can grow to the size of a pea, as its body fills with blood.
Tick-borne diseases can be prevented by using insect repellents and protective clothing, such as long trousers and boots, when venturing into an area where ticks are likely to be present. Early and correct removal of ticks is also important. There is a lower risk of infection if a tick is detected and removed quickly. Ticks that transmit Crimean-Congo haemorrhagic fever thrive in dry environments mainly in rural locations. Information about which regions are at risk in [country] is available at: [Relevant website, e.g. www.tickmaps.ecdc.europa.eu]

### How to detect and remove ticks

A tick bite usually looks like a small dark freckle with a scab on the skin which cannot be brushed away. Usually, it does not hurt. Still, the tick should be removed as soon as possible to minimise the risk of infection. Use fine-tipped tweezers or tick removal tools to grasp the tick as close to the skin’s surface as possible. Pull upward with steady, even pressure without jerking or twisting avoiding squeezing the ticks body or that mouth parts remains in the wound. Do not squeeze the tick’s body, and do not apply heat or any substances to the tick, as this may cause it to empty its stomach contents into the wound which would cause infections.

Still using the tweezers, wrap the tick in some toilet paper and flush it down the toilet. Finally, wash your wound with warm water and soap and apply antiseptic, like alcohol or iodine, to the area.

A small part of the tick’s mouth may remain in the wound. This is not dangerous and it will disappear after a couple of days along with the wound. However, if the lesion does not start to resolve after a couple of days, you should see a medical professional as this may indicate an infection (rare).