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ПРОФИЛАКТИКА И ОСНОВНЫЕ МЕТОДЫ БОРЬБЫ С КЛЕЩЕВЫМ ЭНЦЕФАЛИТОМ

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Клещевой энцефалит – крайне опасная и коварная болезнь, которую подавляющее большинство людей недооценивают, несмотря на проживание в эндемичном районе.

Ключевые слова: клещ, клещевой энцефалит, профилактика клещевого энцефалита, вакцинация, лечение.

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PREVENTION OF TICK-BORNE ENCEPHALITIS

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Tick-borne encephalitis is an extremely dangerous and insidious disease which most people underestimate, despite living in an endemic area.

Keywords: tick, tick-borne encephalitis, prevention of tick-borne encephalitis, vaccination, treatment

Spring days come and after winter you want to be in the fresh air. Also maybe you want to go to nature, but we must remember, that in the spring a variety of blood-sucking insects wake up, especially ticks, who are waiting for us.

Russian Agency for Health and Consumer Rights has published a list of endemic areas for tick-borne encephalitis the of Republic of Bashkortostan. In 42 out of 68 administrative territories, there are a lot of them in Ufa and Ufa District.

The aim

The purpose of this study is prevention and education of people on the tick-borne encephalitis problem. To achieve this goal, the following tasks were set:

1. collect data of the disease in the Republic of Bashkortostan;
2. to explore books with information about ticks;
3. use of Internet resources;

General information.

Even if we pulled out mite early, the risk of contracting tick-borne infections is not excluded. Often tick can be the source of a large number of diseases, so after removing the tick, save it for laboratory testing (tick-borne encephalitis, tick-borne borreliosis). It is advisable to deliver it alive, but in advanced laboratories tick fragments are suitable for PCR diagnostics. Even if the tick has a disease it does not mean that a person will get sick. The most exact way for defining of the disease take a blood test, which you have to pass not earlier than through 10 days after the bite. Ticks also can bite a pets, as a result of which they can be carriers of tick-borne infections. Before drinking goat's milk, you should boil it for 2-3 minutes.

Tick-borne encephalitis is an infectious disease, affecting the brain and spinal cord by flavivirus transmitted to humans by bites. Depending on the form of the disease, its manifestations are fever, headache, convulsions, vomiting, impaired coordination of movements, pain along the nerves, sluggish paresis, paralysis and more. Often the disease occurs in the spring and summer, May – July months, when the biological activity of this tick species is the highest.

Signs of tick-borne encephalitis.

The incubation period for the infection through a tick bite is 5-25 (on average 7-14) days, and the food route of the infection - 2-3 days. Disease has 6 variations (subclinical, feverish or erased, meningeal, meningoencephalitic, polio, polyradiculoneuritic), but all of them start very acute, with chills and an increase in body temperature 38-41°C . The fever lasts from 2 to 10 days. General malaise appears with sharp headache, nausea and vomiting, frailty, fatigue, sleep disturbances. In the acute period you can experience redness of the facial skin is noted., neck and chest, oropharyngeal mucosa, scleral and conjunctival injection, pain in the whole body and limbs. If symptoms of tick-borne encephalitis are found, the patient should be urgently admitted to an infectious diseases hospital for intensive treatment. Emergency prevention of tick-borne encephalitis should be carried out as early as possible, better – on the first day. It is carried out, using antiviral drugs or immunoglobulin.

Prevention measures.

Depending on the weather ticks activity can be various. In warm days the safest time from 11 to 17 o'clock, because with high temperature they become inactive. During heavy rain, the activity of ticks stops.

When you go to the nature, you should wear shoes with smooth surface, a cap, and cotton clothing. It will be right to tuck trousers into socks and shirt into trousers. Also it is important to treatment the clothes by repellents. Regardless of the clothes, you have to check you skin frequently.

The most important protection against tick-borne encephalitis is vaccination. Vaccination services are provided by clinical government and private clinics and it's absolutely free. Every Bashkortostan's citizen must make it.

What to do, if bitten by a tick.

If a bite occurs you need to call 112. But if it happens in the nature you have to remove the tick yourself. You can make it with some tweezers. Turning it once of three times, the tick is removed without some complications. Do not believe that the tick needs to be coated in oil, because it's still dangerous for us, even when the tick is dead. The sooner you pull tick out, the better it will be for you, because likelihood of contracting depends on the amount of the virus.

After removing the tick, the skin at the site of its suction is treated with tincture of iodine or alcohol.

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