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Infectious diseases Hygiene Protection

Germ and hygiene: important information

There are germs everywhere, such as bacteria, viruses and fungi. Many of them live in and on our bodies. Most germs are harmless. Some even support our health. However, other germs can cause diseases. People can become infected with pathogens. These pass from one person to another via hands, objects or through direct contact. Simple hygiene measures protect you and others from infection.

Wash your hands regularly - it helps! Many pathogens are spread when coughing and sneezing. Germs can also be passed on after using the toilet. Simple steps can keep toilets clean. Food that is contaminated with germs can cause illness. You can reduce harmful germs with good hygiene at home. If you pet animals - whether at home or in a petting zoo - follow the hygiene rules.

You will find up-to-date information in various languages on these pages:

- [Hygiene tips](#)
- [Information about infectious diseases](#)
- [Fact sheets on important diseases](#)

There is also plenty of information on the coronavirus pandemic:

- [Everything about the coronavirus \(SARS-CoV-2\)](#)
- [Current developments on the pandemic](#)

Information can also be found on the [website](#) of the Ingolstadt City Health Department.

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Bavarian HIV test weeks

The Bavaria-wide HIV testing weeks will take place from 2 November to 30 November 2024.

The health authorities, AIDS counselling centres and AIDS service organisations are offering HIV testing weeks under the motto "Test now".

💡 Counselling is anonymous, confidential and competent.

Outside of the Bavarian HIV testing week, you can also be tested for HIV free of charge and anonymously at the public health department during opening hours.

The opening hours of the public health department are

Monday and Tuesday: 8.00 am - 12.30 pm and 1.30 pm - 4.00 pm

Wednesday: 8.00 a.m. -12.30 p.m.

Thursday: 8.00 am - 12.30 pm and 1.30 pm - 5.30 pm

Friday: 8.00 am -12.30 pm

💡 You can also find out more about free and anonymous HIV testing on the website of the Ingolstadt Health Department [Infection Protection & Travel Medicine \(ingolstadt.de\)](https://www.ingolstadt.de/infektionsschutz) and on the website www.testjetzt.de.

Attention: Ticks in Ingolstadt

Tick bites are anything but harmless. Ticks can transmit pathogens. They are active from spring to late autumn.

Ticks can transmit tick-borne **encephalitis (TBE)** and **Lyme disease**.



Lyme borreliosis (Lyme disease)

Lyme disease is a bacterial infection. There is no vaccination. The disease is easily treatable with antibiotics. Lyme disease can develop throughout Germany after a tick bite.

In Bavaria, Lyme disease is a notifiable disease.

You can find more information on the [website of the Bavarian State Office for Health and Food Safety](https://www.gesundheitsministerium.de/infektionsschutz).



TBE risk area Ingolstadt

Ingolstadt is part of a TBE risk area. This means that there are many ticks here that can transmit the TBE virus.

What is TBE?

TBE is a disease. The long name is tick-borne encephalitis. It is an inflammation of the brain or nerves. The disease can be serious. You can get severe headaches, fever or even paralysis.

How do you get TBE?

TBE is contracted through a tick bite. Not every tick has the virus - but some do. If a tick with TBE virus bites you, you can become ill.

How can I protect myself?

Going out into nature is great - but you should be careful:

- Wear sturdy clothing: long trousers, socks and closed shoes.
- Use tick repellent on your skin and clothing.
- Check your body after the walk - especially children.

- If you have a dog, check your dog too.
- If you find a tick: Remove it immediately!

Is there a vaccination?

Yes, there is a vaccination against TBE. The vaccination provides good protection against the disease.

- The vaccination consists of three injections.
- Two injections are given a few weeks apart.
- The third injection is given after a few months.
- You are then protected for several years.
- You can have the vaccination done by your GP.
- Health insurance usually pays for the vaccination - especially in risk areas such as Ingolstadt.

💡 [More information on the website of the Robert Koch Institute \(RKI\).](#)

💡 You can find more information on the [website](#) of [the Bavarian State Office for Health and Food Safety](#).

💡 [You can find this brochure on the website of the Federal Institute of Public Health](#)



impfen-info.de
 Wissen, was schützt.




■ FSME-Risikogebiete
■ Neue Risikogebiete seit 2024

Stand: März 2024
 Quelle: Robert Koch-Institut (RKI), Epidemiol. Bull. 134/2024, www.rki.de

FSME

Risikogebiete

Lassen Sie sich rechtzeitig gegen FSME impfen



Was ist FSME?

Die „Frühsommer-Meningoenzephalitis“ (FSME) wird durch Viren verursacht, die vor allem durch Zeckenstiche übertragen werden. Bei schweren Verläufen (häufiger bei Erwachsenen) können sich Gehirn, Gehirnhaut und/oder Rückenmark entzünden.

FSME-Impfung: Für wen?

Die Ständige Impfkommission (STIKO) empfiehlt den Impfschutz allen, die in FSME-Risikogebieten durch Aufenthalt im Freien mit Zecken in Kontakt kommen können.

Sprechen Sie mit Ihrer Ärztin oder Ihrem Arzt über das Ansteckungsrisiko und die FSME-Impfung.

Schutz vor Zeckenstichen

Zecken können überall in Deutschland zudem die sogenannte Borreliose übertragen, gegen die es keine Impfung gibt. Daher ist es wichtig, sich bei Aufenthalt in der Natur zusätzlich vor Zecken zu schützen (z. B. geschlossene Schuhe, lange Hose, zeckenabweisende Mittel). Im Anschluss sollten Körper und Kleidung sorgfältig abgesucht und Zecken schnell entfernt werden.



Weitere Informationen zur FSME finden Sie unter:
www.impfen-info.de

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