

Protection against infectious diseases and vaccination



Every day, we come into contact with a variety of pathogens such as viruses, bacteria or fungi. However, not every contact automatically results in illness. The body's own defence is often strong enough to cope with these invaders. Effective protection against some infectious diseases is provided by **■** [vaccinations](#). In addition, simple **■** [hygiene tips](#) help to avoid infection.

Below you will find a link to the website **■** www.infektionsschutz.de where you can find **■** [pathogen profiles for various infectious diseases in](#) six different languages - German, English, French, Turkish, Russian and Arabic.



Current recommended vaccinations

Up-to-date vaccination recommendations are available [in 20 languages in](#) the **■** [vaccination-calendar](#)

- [Albanian \(pdf\)](#)
- [Arabic \(pdf\)](#)
- [Bulgarian \(pdf\)](#)
- [Dari \(Afghanistan\) \(pdf\)](#)
- [German \(pdf\)](#)
- [English \(pdf\)](#)
- [Farsi \(pdf\)](#)

- [French \(pdf\)](#)
- [Croatian \(pdf\)](#)
- [Kurdish \(pdf\)](#)
- [Pashto \(Afghanistan, Pakistan\) \(pdf\)](#)
- [Polish \(pdf\)](#)
- [Romanian \(pdf\)](#)
- [Russian \(pdf\)](#)
- [Serbian \(pdf\)](#)
- [Spanish \(pdf\)](#)
- [Tigrinya \(Ethiopia, Eritrea\) \(pdf\)](#)
- [Turkish \(pdf\)](#)
- [Urdu \(Pakistan, India\) \(pdf\)](#)
- [Vietnamese \(pdf\)](#)

In order to detect infectious diseases in the Federal Republic of Germany at an early stage and to then be able to take appropriate measures, the Infektionsschutzgesetz (Protection Against Infection Act) was enacted in January 2001.

The purpose of this Act is to promptly detect communicable diseases in people in the Federal Republic of Germany and to take the appropriate protective measures. For example, § 6 IfSG regulates the obligation to report various infectious diseases.

However, in order to take timely action even in the case of infections that are not described in detail, it is stipulated that, in the case of a disease event where it can be assumed that two people have the same disease and where it can be assumed that an infection event has occurred, this must also be reported to the responsible health authorities.

The overall aim is to ensure that appropriate detection methods and protective measures are implemented at the earliest possible stage. Since the increasing numbers of refugees, there have been no higher than expected numbers of cases in the area of the district of Trier-Saarburg and the municipality of Kell. Nevertheless, it is important to be vigilant for individual diseases when many people are admitted to society from refugee conditions that are in part hygienically questionable.

The following is a brief assessment of each disease and its treatment.

The spread of infectious diseases is especially possible in communal facilities where many people come together in a confined space. Some examples are listed below:

Lice

Head lice are flightless insects that infest humans and can be transmitted by direct contact from the infected person to the next head. The lice feed by feeding on blood, which they suck up from the scalp of infested people. The condition causes severe itching in the head area. Lice infestations do not cause any other health problems. For this reason, lice are referred to as "nuisances".

Treatment option:

Application of washing lotions that can kill them. Coordinated action is important so that lice infestations can be stopped promptly.

Scabies

This is a widespread infectious skin disease in humans caused by the scabies mite. The scabies mite belongs to the arachnid family and can cause very severe itching by digging small tunnels into the skin. Since the scabies mite is transmitted through direct body contact, the hands or the regions behind the ears are very often infested.

It is important to recognise scabies at an early stage, after which it is advisable to consult a specialist. There are special treatment creams available. Here, too, consistent and structured treatment is necessary.

Tuberculosis

Tuberculosis is a disease caused by bacteria that primarily affects the lungs. This leads to a strong cough, sometimes with bloody admixtures. In countries where consistent treatment of tuberculosis is not possible, tuberculosis can become trapped in the lungs, so that later in life, in the event of a serious illness or old age, for example, tuberculosis can break out again.

It is important to consult a specialist immediately if you have a prolonged cough or develop symptoms such as weight loss and night sweats. Tuberculosis can be treated with modern antibiotics.

Hepatitis (jaundice)

There are different forms of jaundice that can be triggered by different types of viruses. Vaccination can provide effective protection against hepatitis A and hepatitis B. Hepatitis B, for example, is only transmitted through very close physical contact. If you feel unwell and have yellowing eyes, you should have a detailed examination.

Taking into account the increased number of refugees, it should be noted that at the present time there is no increase in notifiable infectious diseases in the Trier-Saarburg district compared to previous years. In addition, initial medical examinations and the start of vaccination measures take place in the reception centres for asylum seekers (AfA; Aufnahmeeinrichtungen für Asylbegehrende).

Protection provided by vaccination

As a general rule, Helpers should receive the standard vaccinations according to the STIKO recommendations. Furthermore, according to the RKI (Robert Koch Institute), occupational health check-ups (ArbmedVV; arbeitsmedizinischen Vorsorgeuntersuchungen) must be observed. The STIKO (Standing Commission on Vaccination) also recommends vaccinations against:

Tetanus
Diphtheria
Polio

Whooping cough (pertussis)

Measles, mumps, rubella (for those born after 1970)

Influenza (for women and men aged 60 and over; in season)

Furthermore, the STIKO advises the following vaccinations for occupational indications, which are given for employees and helpers in the facilities:

Hepatitis A

Hepatitis B

Booster vaccination against polio, if the last vaccination was given more than 10 years ago.

Influenza (in season)

CORONA vaccination

All important information on the Corona virus in the

District of Trier-Saarburg / RLP can be found here:

■ corona.rlp.de/aktuelles

■ [Information leaflet on COVID-19 vaccination with mRNA vaccine](#)

Vaccination for volunteers

Generally, it should be noted that the vaccination recommendations according to the STIKO guidelines apply to all citizens living in the territory of the Federal Republic of Germany. The necessary booster vaccinations should be carried out on a regular basis (e.g. booster tetanus/diphtheria vaccination every 10 years). For activities that involve particularly close contact in community facilities, such as medical care, vaccination against hepatitis B should be considered. Occupational health advice should be sought on this.

In order to be able to combat infectious diseases in time, coordinated and concerted action by all structures involved in medical care at federal, state and municipal level is necessary. However, at this point in time, there have been no unpredictable incidents of infection. For this reason, it is necessary to continue acting prudently but consistently and to close existing vaccination gaps.

■ [Link to Trier-Saarburg Health Department](#)

■ [Which insurance company pays for which vaccination?](#)