



Tick-borne Encephalitis (TBE) – is a viral infectious disease transmitted through ticks that can cause life-threatening encephalitis. The highest period of tick activity here in Eastern Europe is during the summer months. If you enjoy an active outdoor life, it is highly recommended that you get vaccinated against this virus. The best time to get vaccinated is in March and April when the ticks are still asleep under the snow. For more information regarding TBE, go to www.cdc.org or www.ercemne.lv.

Rotovirus – is a highly contagious virus that affects the intestinal tracts of young children. Especially common in schools, these outbreaks tend to occur in the spring and fall months. Symptoms may include nausea, upset stomach, vomiting, fever and frequent episodes of watery diarrhea. It is important to encourage your children to wash their hands frequently especially before eating and after using the toilet. If you suspect your child may have this virus, please keep them home until they are diarrhea-free for 24 hours.

*As always, contact your own local family doctor with any concerns and for vaccinations.
If you need a referral for a local English-speaking doctor, please stop by the Nurse's Office.*