

ALPHA-GAL SYNDROME



Kentucky Public Health
Prevent. Promote. Protect.

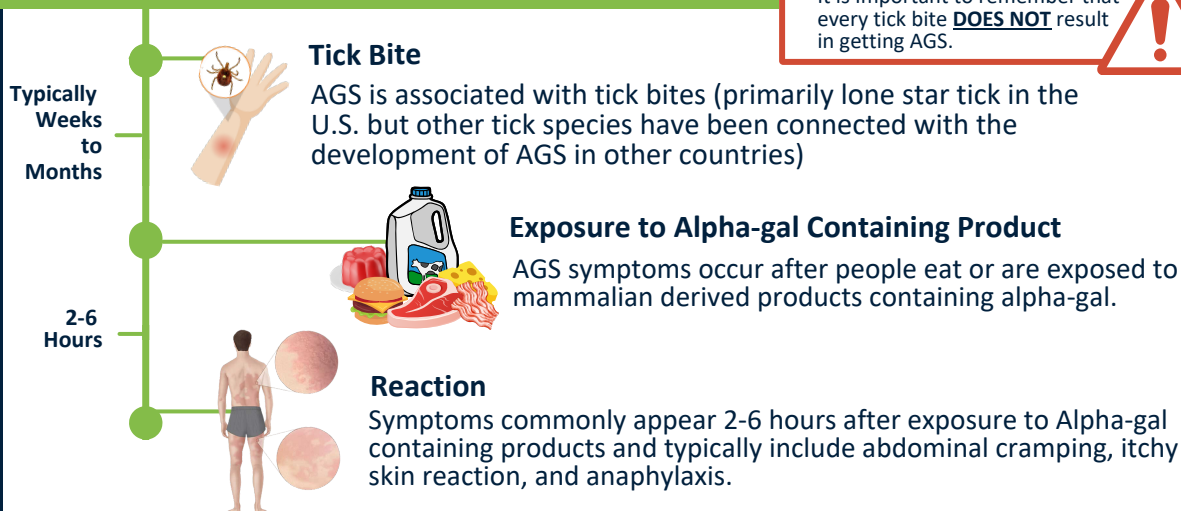
What Is Alpha-gal Syndrome (AGS)?

- Alpha-gal syndrome (AGS) is a serious, potentially life-threatening allergic condition.
- AGS is not caused by an infection, it is instead caused by exposure to a sugar molecule called Alpha-gal (galactose- α -1,3-galactose) found in most mammals.
- Also known as Alpha-gal Allergy, Red Meat Allergy or Tick Bite Meat Allergy.

- Most reported cases of AGS in the United States are among people living in the South, East, and Central United States.

- While people in all age groups can develop AGS, most cases have been reported in adults.

How Would I Get Alpha-gal Syndrome?



It is Important to remember that every tick bite **DOES NOT** result in getting AGS.



What Should I Do If I Have Alpha-gal Syndrome?

- See a health care provider or allergist.
- Work with your health care provider to understand which products you need to avoid.
- **Prevent tick bites!** New tick bites may reactivate allergic reactions to alpha-gal.

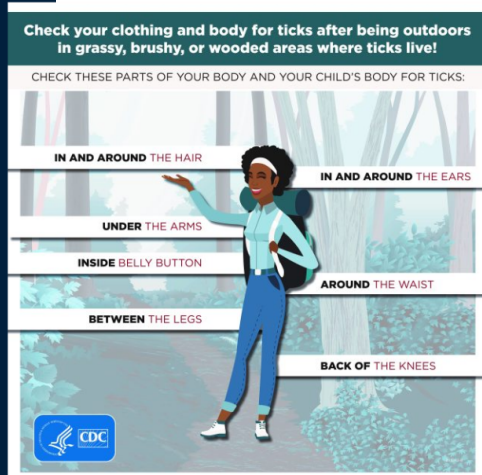
Alpha-gal Syndrome can be severe, and even life-threatening. Seek immediate emergency care if you are having a severe allergic reaction.



Tick Prevention Tips

Before You Go Outdoors

- Avoid grassy, brushy, and wooded areas, where ticks may be found.
- Walk in the center of trails.
- Treat clothing and gear with permethrin or buy pre-treated items.
- Use Environmental Protection Agency (EPA)-registered insect repellents.



What Products May Contain Alpha-gal?

Food Products

- Pork
- Beef
- Rabbit
- Lamb
- Venison
- Cow's milk
- Milk products
- Gelatin

Non-food Products

- Glycerin
- Heparin
- Magnesium stearate
- Additives to specific vaccines
- Heart valves from pigs/cows
- Monoclonal antibodies
- Certain antivenoms

Alpha-gal is **NOT** found in:

- Fish
- Reptiles
- Birds
- Fruits
- Vegetables

This list only provides examples of products that may contain Alpha-gal and is not exhaustive.

