



What Is Alpha-gal Syndrome (AGS)?

Typically

Weeks

Months

to

2-6

Hours

- > 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.



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.

How Would I Get Alpha-gal Syndrome?

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

AGS is associated with tick bites (primarily lone star tick in the U.S. but other tick species have been connected with the development of AGS in other countries)



Exposure to Alpha-gal Containing Product

AGS symptoms occur after people eat or are exposed to mammalian derived products containing alpha-gal.

Reaction

Symptoms commonly appear 2-6 hours after exposure to Alpha-gal containing products and typically include abdominal cramping, itchy skin reaction, and anaphylaxis.

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 lifethreatening. Seek immediate emergency care if you are having a severe allergic reaction

Check your clothing and body for ticks after being outdoors in grassy, brushy, or wooded areas where ticks live! UNDER THE ARMS INSIDE BELLY BUTTON AROUND THE WAIST BETWEEN THE LEGS BACK OF THE KNEES

What Products May Contain Alpha-gal?

Food Products

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

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

- Fish
 - Fruits **Reptiles** Vegetables
- Birds

Non-food Products

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

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

