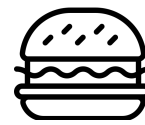


Alpha-Gal Syndrome (Red Meat Allergy)



Fact Sheet



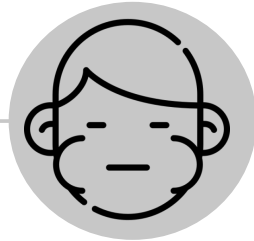
Alpha-Gal Syndrome is a food allergy to red meat, milk, and other mammal products. In the US, it usually starts when a lone star tick bite spreads the alpha-gal sugar to a person.

In some people, this sugar triggers an immune reaction. This leads to an allergy when they come into contact with things that contain the alpha-gal sugar. This includes red meat, milk, and other mammal products.

Common Signs and Symptoms



Hives or itchy rash



Swollen lips, tongue, throat, face, or eyelids



Dizziness or faintness



Cough, shortness of breath, or difficulty breathing



Diarrhea



Nausea or vomiting



Heartburn or indigestion



Severe stomach pain

Symptoms occur 2-10 hours after eating meat or dairy products, after getting a vaccine, or after exposure to other products. Symptoms can range from mild to severe. Some people may have a life-threatening reaction called anaphylaxis and need urgent medical care. Not all people have an allergic reaction after every exposure to mammal products.



Talk to a healthcare provider if you have any of these symptoms after eating, drinking or other exposure to mammal products. Alpha-gal syndrome can be life-threatening. **Seek emergency care if you have a severe allergic reaction.**

There is no cure for alpha-gal syndrome. A healthcare provider can help you understand which mammal products to avoid.

Products that May Contain Alpha-Gal



Red meat (beef, pork, lamb, venison, rabbit, etc.) and milk and milk products (butter, cheese, etc.)

Other food products:

- Gelatin made from beef or pork
- Mammalian fat products (lard, tallow, suet)
- Meat broth, bouillon, stock, and gravy



Non-food products that might contain alpha-gal:

- Additives, stabilizers, or coatings in some medications or vaccines
- Some medical products (heart valves from pigs or cows, monoclonal antibodies, heparin, some antivenoms)

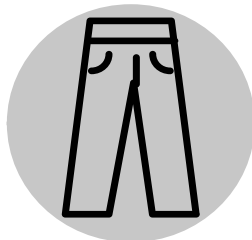


Foods that **DO NOT** contain alpha-gal:

- Poultry (chicken, turkey, duck, quail, etc.)
- Eggs
- Fish and seafood
- Fruits and vegetables

Preventing Tick Bites

Lone star tick bites can play a role in developing Alpha-Gal Syndrome. Prevent tick bites to lower your risk of developing this allergy.



Wear light-colored, long-sleeved clothing and pants. Tuck your pants into your socks.



Use an EPA-approved bug spray.



Rake your leaves and keep your lawn mowed.



Do daily tick checks and check your pets too.

For More Information, Visit:



1. www.cdc.gov/ticks/alpha-gal
2. www.maine.gov/dhhs/tickfaq (For frequently asked tick questions)
4. www.ticks.umaine.edu (To submit a tick for identification)
5. www.epa.gov/insect-repellents/find-repellent-right-you (For EPA approved repellents)

You can also call Maine CDC at 1-800-821-5821.