



**Have you been bitten by a tick?**



**Do you feel sick in the middle of the night after eating red meat?**



**Do you have unexplained anaphylaxis, hives, abdominal pain, reflux, or arthritis?**

**You may have Alpha-gal Syndrome.**

Symptoms can include one or more of the following: hives, swelling, stomach upset or pain, difficulty breathing, low blood pressure, dizziness, fainting, and anaphylaxis.



Ask your doctor whether you should get an Alpha-gal Panel blood test to see if you have Alpha-gal syndrome—the Mammalian Meat Allergy.