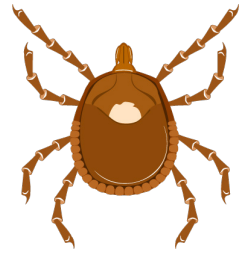


Alpha-gal Syndrome (AGS): What Food Handlers Need to Know



What is alpha-gal syndrome?

Alpha-gal syndrome, or AGS, is a serious food allergy linked to certain tick bites. People with AGS may react to meat and ingredients from mammals.

Reactions are often delayed and may begin about two to six hours after eating. Symptoms can include hives, swelling, stomach pain, vomiting, diarrhea, trouble breathing, dizziness, or anaphylaxis.



Foods and ingredients that may contain alpha-gal

- Beef, pork, lamb, venison, rabbit, and other mammal meat
- Organ meats
- Lard, tallow, suet, broth, stock, gravy, and some sauces
- Gelatin
- Dairy products for some people
- Mammal casings, including casings used on some poultry sausages

Alpha-gal is not one of the nine major food allergens required in an allergen declaration. Read the full ingredient list and check recipes, labels, and supplier information.

Prevent cross-contact

- Ask the customer what foods and ingredients they avoid
- Tell the manager, kitchen staff, and server about the allergy
- Keep the order away from mammal meat and mammal-derived ingredients
- Use clean and sanitized utensils, equipment, and preparation surfaces
- Check grills, fryers, shared cooking oil, sauces, fats, and sausage casings
- Wash hands and change gloves after handling mammal meat
- Do not say an item is safe until all ingredients and preparation steps have been checked



**If a customer
has a reaction**

Call 911 and notify management immediately. Follow the restaurant's food-allergy emergency procedures. Do not wait for symptoms to become severe.

When in doubt, stop and ask the manager or chef.