

ALPHA-GAL SYNDROME



TickTalk



- Alpha-gal syndrome (red meat allergy) is an allergic reaction to a sugar molecule found in all mammals.
- Bites from certain ticks, namely the lone star tick in the US, can result in development of this allergy.
- Symptoms appear 2-6 hours after eating meat or dairy products, or after exposure to products containing alpha-gal (for example, gelatin-coated medications) and may include rash, swelling, nausea, and trouble breathing.
- The recovery period varies with some cases spanning years. Currently, there is no treatment for this syndrome. Those with alpha-gal should avoid ingesting red meat and do their best to prevent future tick bites.

ROCKY MOUNTAIN SPOTTED FEVER



TickTalk



- **Rocky Mountain Spotted Fever (RMSF)** is a bacterial disease spread through the bites of some ticks like the **American dog tick, Rocky Mountain wood tick, and brown dog tick.**
- Symptoms begin within 2 weeks after a tick bite and include **fever, nausea, head and muscle aches and fatigue.** A **red spotted rash** may also develop.
- Risk for developing this disease is greatest in the spring and summer months when these ticks are active. As such, people working or spending significant time outdoors should be at an increased awareness for ticks and prevent bites by wearing long sleeves and pants, closed toe shoes, and using bug repellent.



Tick-Free Tips



Take these steps to protect yourself from ticks and their bites!



Prevent

- Tuck pant legs into socks
- Stay on trails



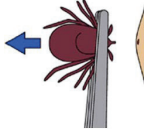
Repel

- Spray clothes with permethrin
- Apply insect repellents to skin



Check

- Shower and check tick hotspots:
Head, neck, arm/
knee pits, belly button, groin



Remove

- Use a set of tweezers
- Grasp close to the skin
- Pull straight out

IN

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1/2

1

1/2

2

1/2

3



Black legged tick

Common in wooded areas. Adults active

Oct.-May



Lone star tick

Common in wooded areas. Adults active

April-Aug.



American dog tick

Common by paths/tall grass. Adults active

April-Aug.

Life size images of adult female ticks

7

6

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