A Checklist for AGS Newbies

- Go to https://alphagalinformation.org/a-checklist-for-newbies/. This checklist is designed to be used in conjunction with this website, not on its own.

- Stop eating mammalian organs, meat, meat products, and any other mammalian products and byproducts that you react to.

- Make an appointment with your primary care physician or an allergist to discuss AGS.

- Learn about epinephrine autoinjectors, like EpiPens.

- Create an emergency kit and keep it with you at all times.

- Beware of fumes and take note of airborne reactions

- Buy a medical information bracelet.

- Enter medical information on your phone.

- If you can, make an appointment with an allergist with expertise in AGS, even if you have to travel to see them.

- Find a local allergist who is knowledgeable about AGS.

- If you are depressed, get help.

- Learn about tolerance levels and figure out yours. Then make the necessary changes to your diet, medications (with advice of a physician), and environment.

- Avoid additional tick bites.

- Join the main Facebook support group, as well as regional and special interest support groups.

For a more detailed checklist and additional information go to https://alphagalinformation.org/a-checklist-for-newbies/