

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/>