

# Travel Notifications

## General Travel Info/Notices - Plan Ahead

CDC Travelers Health: <https://wwwnc.cdc.gov/travel/>

Travel Health Notices: <https://wwwnc.cdc.gov/travel/notices>

Survival Guide to Safe and Healthy Travel: <https://wwwnc.cdc.gov/travel/page/survival-guide>

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## Red Meat Allergy (Alpha Gal Syndrome)

Marthas Vineyard is considered a “hotspot” for the Lone Star ticks which transmit Alpha Gal Syndrome. Ticks and cases are now also being found in Plymouth & Bristol counties.

Galactose-alpha-1,3-galactose, commonly known as “alpha-gal”, is a carbohydrate that is found in most mammals but not humans. Alpha-gal syndrome (AGS) is the result of a tick moving from one mammalian host, where it picks up the Galactose-alpha-1,3-galactose, to a human. When it bites the human, it transfers the alpha gal into the blood, where the immune system sees it as an antigen and begins producing antibodies. When an individual subsequently consumes mammalian meat (or sometimes even dairy products), these antibodies react to the alpha-gal in the digestive system as an intruder and the individual experiences an allergic reaction, ranging from an upset stomach to hives and inflammation, and in some cases even an anaphylactic reaction. The allergic reaction generally occurs 3 to 6 hours after consumption, so AGS can be difficult to identify due to its rarity and delayed response. Lone star ticks are believed to be the major vector for AGS, however, there is some evidence that other tick species, including the deer tick, may also be capable of transferring alpha-gal to humans.

Link for more info: [Alpha Gal - Red Meat Allergy — MVBOH](#)

Products that may contain Alpha Gal: <https://www.cdc.gov/ticks/alpha-gal/products.html>

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## Measles

From CDC - As of March 28, 2024, a total of 97 measles cases were reported by 18 jurisdictions: Arizona, California, Florida, Georgia, Illinois, Indiana, Louisiana, Maryland, Michigan, Minnesota, Missouri, New Jersey, New York City, New York State, Ohio, Pennsylvania, Virginia, and Washington.

For reference in 2023 there were a total of 58 cases all year.

No cases (as of 3/28) in MA or New England.

Reminder measles is a highly contagious virus spread from person to person. The first symptom is usually a fever, then a rash that begins at the hairline.

Vaccination is typically considered to be lifelong immunity. No boosters are advised at this time for general public.

Measles Cases and Outbreaks: <https://www.cdc.gov/measles/cases-outbreaks.html>

Plan for Travel - Measles: <https://www.cdc.gov/measles/plan-for-travel.html>

Countries with increased cases: <https://www.cdc.gov/globalhealth/measles/data/global-measles-outbreaks.html>

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