

# Protect Your Horse from Getting Sick

## 5 Key Things You Need To Know

Infection control means doing what you can to prevent and control – it's all about lowering the odds of a sick horse

### 1 Disease costs you...

- Sick horses can't race, and can't bring in money – scratches affect your bottom line!
- Often, sick horses are contagious – they present a risk to themselves if raced, and to other horses at the farm, training centre, and track.
- Dealing with a sick horse can be stressful – missed racing days, vet bills and treatment costs, worrying about your horse's health, and whether the sickness will spread – it's enough to make anyone stress out!



### 2 Prevention is the key – focus on what you can control!

- Your best approach is to be proactive and prevent a potential issue before it arises, and vaccines are your first line of defence:

They are very useful for preventing diseases caused by viruses (like flu and equine herpes virus) and bacteria (like Strangles).

They lower the odds of sickness, and limit how severe sickness will be – talk to your vet!



- Antibiotics don't work for diseases caused by viruses, so prevention is the best option.

**Remember, prevention is always cheaper in the long-run. So take action today!**

### 3 Keep hands, clothes and boots clean!

- Wash your hands regularly with soap and water, and use a single-use towel to dry them.
- Use alcohol-based hand sanitizers regularly and make several available in the barn.



- Watch where you're touching your horse – eyes, nose and mouth are where germs want to be – don't give them a hand!
- **Designated boots** for the barn is best – remember, they still need to be cleaned regularly.

### 4 Clean, Separate, Monitor

- Cleaning surfaces, stalls, trailers, and tack and equipment, is another key to infection control

#### 3 steps to cleaning:

1. Clean – remove all visible manure, soil, and bedding
2. Wash – with soap and water and let dry
3. Disinfect – apply disinfectant; ask your veterinarian

- Cleaning, Separating and Monitoring are the most important!

Give a sick horse its own stall as far away from other horses as possible.

Use separate tack and equipment – use a piece of red duct tape to label all equipment.

Place signs around so everyone knows.

Work with sick animals last, and always wash up after handling them.

Talk to your vet once the horse has been separated.

- Keys to monitoring your horse:

Think of **DEPP!** How are they:

**D**rinking, **E**ating, **P**ooping, **P**eeing?

Do they have a snotty nose or a cough?

What is their temperature? Taking daily temperatures helps you spot issues before you see any signs.



### 5 Be selfish at the track!



- From your buckets, brooms and shovels, to your tack and equipment, "no sharing" should be your motto.
- Think of your time at the track like you're on a ride at the fair – keep your hands, feet and equipment to yourself at all times – it's about preventing the spread of germs!
- It's all about focusing on you and your horse, ask yourself:

How clean is your stall?

Are your hands and boots clean?

Is your tack and equipment separate from others and clean?

Can the crossies be shortened to prevent chewing?  
Are they clean?



Talk to your staff about what to do,  
– And why it's important.  
**REMEMBER, FOCUS ON WHAT YOU CAN CONTROL**

