



## STRANGLES AWARENESS WEEK

1-7 MAY 2023

Welcome to the April newsletter, this month is all about Strangles as its awareness week at the start of May. Strangles Awareness Week is a global, collaborative effort to prevent and manage Strangles and this year they are running The Temperature Check Challenge!

Enter your horse's resting temperature on the red-wings website each day during Strangles Awareness Week (1st-7th May). The Temperature Checker will record the temperature of each horse and calculate the average.

By checking daily for a week or longer you will:

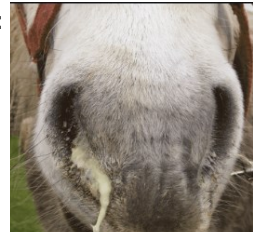
- improve your confidence in taking their temperature,
- better know your horse's natural fluctuating healthy baseline,
- be better able to spot fever - a common first sign of ill health
- find ways to make it part of your horse management routine (especially when taking on a new horse or on return from events)
- contribute to a database of horse temperatures which helps us understand what the average healthy temperature range is in horses.

Excitingly, if you input your horse's reading three or more times you will be entered into a prize draw where you could win behind the scenes yard tours with either five-star Eventer Piggy March or top Dressage Rider and Showjumper Richard and Joe Davison.

### What is strangles?

Strangles is the common name for a disease caused by the bacteria *Streptococcus equi equi*, capable of infecting horses, ponies, donkeys and mules. After being exposed to the bacteria, it takes 3-21 days for symptoms to develop. Signs of strangles vary in severity and can be any of the following:

- Fever (above 38.5C)
- Loss of appetite
- Dullness
- Swellings beneath the jaw or throat and below the ears which may burst and drain pus
- Difficulty opening their mouth or swallowing
- Yellow-green nasal discharge



### How do they become infected?

The biggest risk to healthy horses is mixing with new animals, such as group hacks, shows, events, riding lessons and moving to a new yard. A new horse entering the premises may be incubating the disease and we recommend isolating arrivals for at least 2 weeks.

### What is a carrier?

Horses can also become 'carriers', this is when a horse has been infected previously and is no longer showing symptoms but is still carrying the bacteria within their guttural pouches. Carriers are capable of infecting other horses while going unnoticed. These horses do not always show high antibodies on blood tests and this is why the gold standard in strangles testing before moving yards is doing a guttural pouch wash where we pass a scope into their guttural pouches and take a sample which can be tested for the presence of strangles bacteria.

We hope that has provided a brief overview of strangles and that you get involved in the temperature check challenge!

