



EFA NSW RECOMMENDED EQUINE INFLUENZA GUIDELINES

Dr. Vince Roche and others have prepared a guide for horse owners to help prevent the spread of horse flu. Please read this carefully and follow the instructions.

1. Keep your horse(s) at home or wherever they are currently situated. Do not take your horse out on trails or on the road. Even if your horses are well and you do not think they could have horse flu, do not attempt to move them even if you think there is a safer, a better or a more convenient place to keep them.
2. Look after your own horse(s) but avoid visiting horses at other places, even if they belong to friends and even if you think the other horses are well and not at risk of having horse flu. The greatest risk of spread is horse people visiting other horse people and / or horses!
3. Likewise, until the epidemic is over, don't allow other people to visit your horses.
4. If you have absolutely no alternative to visiting other horses venues or horses (eg you work there or need to feed someone else's horses) please shower and wash carefully and put on a completely fresh set of clothes (including shoes) after contact with your own horses and before you go to the other horses. Please repeat the process when you leave the other horses before you come home to your own horses. Do not put discarded clothes on again before washing them. Wash your clothes in a full wash cycle and scrub your shoes with a disinfectant for 5 minutes.
5. Horse equipment (saddles, bridles, rugs, feed bins, farrier tools, horse dentist equipment, vet equipment etc) are very difficult to disinfect and should only be used within one horse establishment / farm.
6. Horse flu is so infectious that you can safely assume that if one horse in your stables / farm has the disease, all the horses will get it. Precautions within your stables / farm are not necessary – but it is crucial that we cease the contact between horses in different stables / farms until the epidemic dies down.
7. If you suspect that your horse has horse flu (a deep hacking cough is the main symptom, but horses may have a temperature [normal horse temperature is 37.5 degrees to 38.5 degrees], a runny nose or be unwell) please contact your local vet. It is possible that your vet may be unable to attend your horses due to the scale of the epidemic – if so please ring the Disease Hotline on 1800 675 888.
8. Stay up to date on the epidemic by regularly (each day at least) visiting your horse organisation website www.efansw.com.au or the Australian Horse Industry Council Website www.horsecouncil.org.au.
9. Please note that horses may become very ill if they contract horse flu, but usually recover well over time. Please do **not** give your horse any strenuous exercise before you are absolutely sure it has not contracted horse flu. Please seek veterinary advice before resuming exercise after horse flu.

Footnote: It has been advised by the consulting vet at the Warwick event that the temperature of horses should be taken before any exercise is commenced. If the horse demonstrates a temperature over 38 degrees under no circumstances should the horse be exercised or stressed. Doing so will exacerbate the severity of the infection.

Another point to consider is that it would be advisable to ensure that any dogs on your property are well contained. While not formally recognised as a carrier of the disease, as with humans they could be a passive carrier and expose other horses. Common sense should prevail in this instance. Dogs themselves as with humans cannot contract EI.