



## Woodside & Woodside North Equine Clinic Equine Health Times

### Quick Links

[WEC Website](#)

[Www.AAEP.org](http://www.aaep.org)

### What's going on at Woodside Equine Clinic?

Dr. Meg Hammond attended a continuing education event on the equine distal limb.

Look for Woodside Equine Veterinarians at the upcoming Deep Run Hunt Club AA Rated Horse Show in June.

Read about the lives of our veterinary interns in their blog

### [Diaries of a Veterinary Intern](#)

by:  
[Dr. Courtney Bowers](#)  
and

## Biosecurity 101 : At Home and On the Road

*Dr. Julia Wolfe*

*DVM, DABVP, certified AVCA chiropractic*

If you have been following our Facebook posts, you know that this month is all about biosecurity. I know this is a daunting topic for many of us both as horse owners and as veterinarians. Here at Woodside Equine and Woodside North Equine Clinic we are devoted to keeping your horse healthy and fit. Through our wellness program, routine vaccinations, deworming, and dental examinations, we help keep your horse in tip top shape. While we all know that our horses need routine health care and vaccinations, what we often forget is how to prevent exposure to infectious agents on a day to day basis. That is where a good biosecurity program comes into action! Not only is it important to have a good biosecurity plan on the farm but, it is especially important when travelling with your horse.. I am here to helpwith biosecurity 101!

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### Biosecurity at Home:

Biosecurity first starts with your farm from the pasture to the stall, there are many steps you can take to keep your farm well-managed. Some of the worst diseases we see are often preventable by taking precautions with strict management practices. A basic plan of action is needed by all horse owners when handling their horses on the farm. If one horse were to get sick, what would you do, where would you put them, can you isolate a horse on your farm? These are all important questions to ask.

If you are a single horse owner on a private farm, many of these problems do not apply but, it is always a good idea to have a plan of action should a problem arise. The key to outbreak control is PREVENTION!

Preventative steps to take at home:

- 1) Keep all horses up-to- date on vaccinations and deworming.
  - 2) Have your veterinarian examine all horses at least once per year to address any potential ongoing illnesses or concerns.
  - 3) Isolate all in-coming horses for 30 days.
  - 4) Create a hierarchy of horses fed, watered, groomed, and handled from least exposed to most exposed/travelled.
  - 5) Have separate grooming tools for all horses and clean them regularly- SHARING is NOT CARING when it comes to external parasites and bacteria.
  - 6) Control insects- use fly spray on all horses, remove manure and other insect attractants from the barn.
  - 7) Clean up standing water.
  - 8) Clean all buckets daily to keep them clean and prevent growth of bacteria and algae, this will also prevent mosquito breeding. DO NOT LET THE HOSE NOZZLE TOUCH THE BUCKET-this can spread diseases rapidly through a barn from horse to horse.
  - 9)DO NOT SHARE WATER OR FEED BUCKETS!!! ---This is truly the simplest and most important step in on farm biosecurity.
- Diseases/pathogens in horses are often spread through saliva and respiratory secretions. Both of which are covering their feed tubs and buckets.
- 10) Control rodents and keep all food in sealed rodent-proof containers.
  - 11) Restrict pets' access to horses whether they are farm pets, neighbors,

visitors, or strays. They are potential sources for the spread of disease .

12) Separate horses in groups and subgroups if needed:

- a. Horses that travel
- b. Horses that may travel
- c. Horses that will stay on the farm but may be exposed to those that travel
- d. Unexposed horses
- e. This will help keep track of those horses that are travelling and becoming exposed to viruses and other diseases and will also help create isolation groups if a biosecurity risk does develop on your farm.

13) Develop a plan of action- if your farm should become exposed to an equine infectious disease, how will you handle the care of your horses, your staff, your boarders, etc.

14) Educate your staff on hand-washing, keeping shoes and boots clean, and preventing spread of disease from stall to stall and barn to barn.

Ok now that you have some key things to keep in mind when managing biosecurity at home, how about when you go on a trail ride, to a show, or send a horse out for training that will eventually return to your barn.



#### Biosecurity on the Road:

Even more important than keeping your horse healthy and safe at home is keeping your horse healthy on the road. Part of owning a horse is getting the enjoyment out of congregating with other like-minded folks, and enjoying our horses together whether at a show, clinic, or trail-ride. It is important when travelling to also make sure you take the necessary precautions to prevent your horse from getting sick and bringing any illness back to its home barn.

- 1) Use separate water and feed buckets, **DO NOT USE** common buckets or troughs.
- 2) Clean buckets daily.
- 3) Use your own water source or if sharing use a separate hose and nozzle for your horse and do not allow the nozzle to touch the bucket.
- 4) Bring your own manure bucket, pitch fork, and rake. If you can also bring your own shavings.
- 5) **DO NOT TOUCH NOSES WITH OTHERS!!**--- I know it is cute when two strange horses unite and find a long lost horse-mate in another but this is bad protocol. Not only can it be dangerous in case one decides to

squabble but it is a red flag for disease spread.

6) DO NOT SHARE EQUIPMENT- such as twitches, lip chains, halters, or other items that come in contact with your horses eyes, nose, or mouth.

7) Keep daily logs of your horses' attitude, appetite, and temperature. This will keep you on top of any changes that may be slight at the time but could be an early warning sign that your horse is getting sick.

8) If an animal appears sick, isolate any sick animals immediately and call your veterinarian.

9) Sanitize all buckets, equipment, and other materials before coming home.

10) Wash and clean your hands and shoes before travelling between barns and limit stall to stall travel.

I know this may all seem like common sense, but you would be amazed at how many of us, , can forget the day to day biosecurity measures that will help keep us and our horses safe. Remember, not only can your horse get sick but you can become ill when you are not careful and contract a zoonotic disease. Zoonosis, by definition, is when an infectious disease is transmitted between species, from animals to humans, and vice versa. Sometimes transmission is thru a vector, such as a mosquito, or it can also be from direct contact. Another common way to transmit diseases is the fecal-oral route. Yes, this may sound gross but, when your mother told you to WASH YOUR HANDS, she was right! If your horse is sick, make sure you ask your veterinarian about the risk of zoonosis, wear gloves, and wash your hands! Simple steps like these can keep you from contracting a zoonotic disease from your own horse.

So how and what do we do to disinfect. The same is true regardless if you are disinfecting your barn after a show or after a sick horse. There are many disinfectants on the market and they range in strength and effectiveness in killing and removing bacteria, viruses, fungi, etc. Bleach, alcohols, and chlorhexidine are readily available and effective on most surfaces, but are quickly inactivated by organic matter, such as dirt and manure. Many equine pathogens are spread thorough feces, urine, or nasal secretions, these disinfectants are useless in facilities with significant dirt and manure contamination. The best disinfectant for equine facilities is a phenol agent. Phenolic disinfectants have a high level of activity in organic material. Phenol agents however are caustic to skin, mucous membranes, and even damage metal. If using phenols, make sure to wear goggles and gloves when cleaning with these products. Phenolic disinfectants can be recognized by the term 'phenol' or 'phenate' at the end of the chemical name. These compounds will kill some viruses and are effective in the presence of organic matter. Disinfectants containing o-phenylphenol, o-benzyl-pchlorophenol, p-tertiary amylphenol or sodium o-phenylphenate are especially germicidal. Look for cleaners that contain these names.

#### STEPS TO DISINFECTION:

1)Dispose of any manure, debris, or dirt from the area and items to be disinfected. Scrape clean all surfaces on equipment and buildings.

2)Wash the surface or equipment first with a liquid detergent (example: Tide ®) and spray with a low-pressure hose.

3) Rinse all detergent from the surface and allow to dry completely

Remember we do not want to mix chemicals so make sure all items, surfaces, and materials to be disinfected are washed and dried to prevent mixing of chemicals.

4) Prepare your disinfectant according to label instructions, spray on all non-porous surfaces (stalls, mats, walls) and allow to dry. This increases contact time to help kill all pathogens.

5) DO NOT RINSE OFF!

6) Dip or spray all halters, bits, lip chains, grooming equipment, shovels, pitchforks, and shoes (don't submerge) and allow to dry.

7) RINSE ALL buckets, feed tubs, halters, bits with drinking water 2-3 times before you use the item to make sure all disinfectant is removed.



Well, I hope I have provided good information for you and your equine companion to prevent disease contamination and spread and protect you whether you are at home or on the road.

**PREVENTION IS KEY! WHEN IN DOUBT WASH IT OUT/OFF!**

## Blog: Diaries of a Veterinary Intern

### **Can I Catch That? Common Pathogens Transmissible Between Horses and Humans**

By: Dr. Courtney Bowers

Expanding upon this month's topic of Biosecurity I wanted to address a common question we as vets get asked by clients: Can I catch that from my horse?

The answer in some cases is yes; there are certain viruses, bacteria, protozoan, and fungi that can be transmitted back and forth between owners and their horses. In the United States the list includes; rabies virus, bacteria such as *Brucella abortus*, *Brucella suis*, *Bacillus anthracis*, *Salmonella typhimurium*, and *Methicillin resistant Staphylococcus aureus*, the protozoan parasite *Cryptosporidium parvum*, and the fungal species *Microsporium*. I will describe the disease that each pathogen causes in horses, how it is transmitted, and prevented.

[\(Read more\)](#)

Our practice devotes its charitable giving efforts to the AAEP foundation. The foundation is committed to supporting education, research and benevolent efforts for horses and their caretakers. If you'd like more information or to donate to the Foundation you can visit the website at [AAEP Foundation](#).

**Sincerely,**

Woodside & Woodside North Equine Clinic