

# NEWSLETTER

MAY 2023



**STRANGLES  
AWARENESS  
WEEK**  
**1-7 MAY 2023**

## STRANGLES WEEK

Find out about the Strangles Awareness Week temperature check challenge. Enter your horse's temperature readings during Strangles Awareness Week and be in with a chance to win some amazing prizes. Every day we will be sharing content to raise awareness, promote openness and supportive conversations about Strangles.

Help spread the word and not the disease #SAW2023

## HOW TO TAKE YOUR HORSE'S TEMPERATURE



**STRANGLES  
AWARENESS  
WEEK**  
**1-7 MAY 2023**

### What you need:

- A digital thermometer
- Lubricant or Vaseline
- Initially someone to safely hold your horse



### TOP TIPS

- A happy, stress-free horse is the safest to work with
- Make it a positive experience - offer a lick/haynet/treat
- Ensure your horse is relaxed and respond to any signs of stress or fear to keep stress levels low and yourself safe
- Have a friend or handler to help if temperature-checking for the first time

### STEP 1 - prepare

- Hold or tie the horse with a lick, haynet or with a friend - any way your horse will be most relaxed!
- Approach your horse with your thermometer ready lubricated and on

### STEP 2 - procedure

- Run your hand over their hindquarters, stand to one side and carefully raise the tail
- Insert the thermometer 3-4cm and rest gently against the rectal wall
- Allow the thermometer to take the reading - they usually beep when ready.
- withdraw the thermometer and relax the tail

### STEP 3 - record and reward

- Reward according to what they enjoy e.g. wither scratch or treat
- Make a note of what the temperature is and input into [redwings.org.uk/tempchecker](https://redwings.org.uk/tempchecker)
- Clean the thermometer ready for next time
- Isolate your horse if the temperature is over 38°C and rule out infectious disease with help of a vet

## STRANGLES WEEK - REDWINGS TEMP CHECK CHALLENGE

Owners are encouraged to take their horse's resting temperature each day during the week and input it into a free online tracker. A high temperature is an early warning sign that your horse may have been infected with Strangles and will become infectious to other horses 2-3 days later. A high temperature can also relate to a range of other health concerns, so getting to know your horse's 'normal' temperature could prevent disease spreading and be the difference between one infected horse and many.

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 Riders/Showjumpers Richard and Joe Davison.

### FACEBOOK

Don't forget to join our Facebook Group- get in touch with each other, share thoughts, contacts and tell us what you want!



### PREVENTATIVE DENTAL WORK CAN SAVE A HORSE'S TEETH

Check out our online videos of dental work done .

### LAMENESS SENSORS

Contact the practice for more information or to make an appointment for your horse



**CALL THE  
PRACTICE NOW  
TO BOOK YOUR  
DENTAL  
APPOINTMENT  
01442 851921**

Follow the link below to view our Terms and Conditions of Business

[LINK TO T&C'S](#)

