



# Steer clear of strangles!

Remember that strangles spreads through contact  
- it is NOT an airborne disease

## Five simple steps to stay safe at events



1 Take your own water and buckets. Don't use shared tanks



2 Avoid direct contact between your own horse and others



3 Only handle your own horse, or wash your hands after touching other horses, and ask others to do the same



4 Take your own forage rather than using communal grazing



5 Keep disinfectant hand wipes or spray in your travel kit

## Home safe

Following these five steps will mean your horse is unlikely to pick anything up at an event. But talk to your yard manager if you see anything that worries you when you're out and about, so they can help you take steps to assess and reduce any risk.

Monitor your horse's temperature. If you spot fever within three weeks of going to an event, contact your yard manager and vet promptly and isolate your horse as a precaution until you know more.