

2013 Delmarva Region

HEAT RELATED ILLNESSES

CAUTION

HEAT CRAMPS

If your body is dehydrated you might get heat cramps.

What does it feel like? Muscle pains or spasms, usually in the legs, stomach or arms.

What should I do if I have heat cramps? Stop your activity, get out of the heat and drink water or a sports beverage. Don't go back to your activity until you feel completely better. If you don't feel better after an hour find medical attention.

WARNING

HEAT EXHAUSTION

If our body is becoming overheated, you may experience heat exhaustion.

What does it feel like? Heavy sweating, paleness, cramps, weakness, headache and/or nausea

What should I do if I have heat exhaustion?

- Drink cool, nonalcoholic beverages.
- Take a cool shower, bath, or sponge bath.
- Rest.
- Seek an air-conditioned environment.
- Remove restrictive clothing, equipment, and helmets.

DANGER

HEAT STROKE

Heat stroke is the most serious heat-related illness. It happens when the body can't control its own temperature.

What does it feel like? High body temperature, strong pulse, hot and dry or moist skin, headache, nausea, unconsciousness.
People with heat stroke stop sweating.

What should I do if I see someone with warning signs of heat stroke? Send someone for help. Then:

- Get the victim to a shady area.
- Cool the victim rapidly, using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; apply ice bags at the neck, armpit, and groin area ; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling effort until the core body temperature drops to 101-102°F.
- If the victim is alert, give him or her sips of cool water to drink—do not give alcohol.

CONCUSSIONS

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- Tell your coaches and your parents. Never ignore a bump or blow to the head even if you feel fine.
- Get a medical check up. A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. **Second or later concussions can cause damage to your brain.** It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Make sure you are wear a properly fitting helmet (Horse Management Rulebook, Appendix G) that is SEI certified every time you ride.

It's also a great idea to wear it around the barn, and many helmets are so comfortable you won't want to take it off.



Don't use your long hair to make the helmet fit. Helmets are designed to fit with long hair worn in a bun at the nape of the neck.

If you've been injured and your helmet sustained any cracks or dents - get a new one! Helmets are designed to protect you once, after that it's not going to protect you anymore.

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EQUINE BIOSECURITY - KEEPING OUR HORSES HEALTHY

What is Biosecurity? Biosecurity means doing everything you can to reduce the chances of your horse being exposed to a contagious disease by being exposed to bacteria that causes illnesses.

HOW TO TAKE A HORSE'S TEMPERATURE

You will need:

- Protective gloves (vinyl or plastic)
- Digital (plastic) thermometer
- Tube of petroleum jelly
- Cotton wool or paper towels
- Isopropyl alcohol (or disinfecting wipes)
- Plastic sandwich bags

Cross-Contamination - is what happens when bacteria from one item is transferred to another item, often by way of ointments or unclean equipment. Dunking a used thermometer in a tub of petroleum jelly is an easy way to spread diseases.

Step 1) Put gloves on both hands.

Step 2) Squeeze a glob of petroleum jelly onto your fingers and smear it thickly over the tip of the thermometer, about halfway up.

Step 3) Stand next to your horse's hind leg, facing the direction of his tail, close enough for your shoulder or side to be in contact with him so you'll sense any motion in his body if he begins to get antsy. If you are right-handed, stand on his left side, with the thermometer in your right hand; if you're left-handed, stand on his right side, with the thermometer in your left hand.

Step 4) Gently grasp the top of his tail in your hand. Raise it up high enough to give your other hand access to the anus.

Step 5) Guide the end of the thermometer into the rectum, pressing it several inches inside, leaving the digital screen outside the body so you can see it while it takes the temperature.

Step 6) Continue holding the tail and the end of the thermometer firmly until it beeps.

Step 7) Gently remove the thermometer and double-check the reading.

Step 8) You're not done yet: Wipe the thermometer down completely with either the disinfecting wipes or cotton wool soaked in isopropyl alcohol. Allow to air dry (about 30 seconds) then place back in a fresh plastic bag or a clean case. Remove gloves and dispose of in trash.

HOW TO DISINFECT

Sick horse in your barn? It's a good idea to isolate them and give them their own water bucket, feed bowl, stall cleaning equipment and grooming equipment (plastic works well). Everything will need to be disinfected after use, here's how:

Disinfect: to kill bacteria and micro-organisms that can spread viruses and illness.

Step 1) Wash in warm, soapy water: use dish washing detergent and a scrub brush to get things very clean. Rinse thoroughly and dry.

Step 2) Next, disinfect: spray or rinse items all over with a disinfection solution. For water buckets, feed tubs and grooming equipment rinse again with warm water and allow to dry, for all other items allow disinfectant to dry on the item. When you use disinfectants always wear protective gloves when mixing and using and read the manufacturer's instructions.

Things to disinfect:

Your clothing - keep a pair of coveralls near the horse's stall and put them on whenever you are managing the sick horse. Wash it frequently in the washer with 1 cup Lysol in a standard washer.

Your footwear - spray with disinfectant, especially the soles, and leave near the horse's stall where you can put them on and take them off whenever you see the horse.

Horse's saddle pad - only use on the sick horse, and wash frequently in washer with 1 cup Lysol then put through the rinse cycle twice. Air dry.

Manure forks and shovels - wash clean then spray with disinfectant, let air dry.

Horse trailers - spray walls and floors with disinfectant.

Disinfecting solutions:

These will kill almost all of the germs and micro-organisms that spread disease. Have an adult help you mix these and wear protective gloves while mixing.

- Bleach - Mixing one part bleach to 10 parts water is a cost effective way to disinfect buckets, stable forks and shovels, and grooming equipment. Warning: this will bleach your clothing.

- Chlorhexidine (2%) - Can be purchased from most vet supply catalogs, and many veterinary offices sell gallons as well. Won't stain clothing. Mix approximately 2 oz to 1 gallon of water.

Pre-mixed Spray disinfectants from the store also work well.