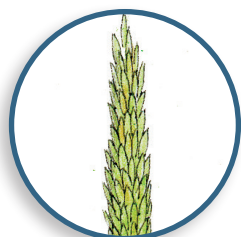




EQUINE GRASS ALLERGENS

SWEET VERNAL

(Anthoxanthum odoratum)



*April - July

PERENNIAL RYE

(Lolium perenne)



*May - August

MEADOW FESCUE

(Festuca elatior)



*May - September

MEADOW GRASS

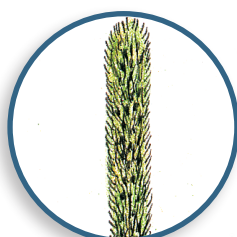
(Poa pratensis)



*May - September

TIMOTHY GRASS

(Phleum pratense)



*May - September

REDTOP

(Agrostis alba)



*May - September

ORCHARD GRASS

(Dactylis glomerata)



*June - September

TIPS ON REDUCING EXPOSURE

- Exercise on well-cut tracks and paths, or include road work where feasible, to reduce exposure to long flowering grasses
- Regularly groom or bath/rinse the horse to physically remove pollen from their coat, especially after exposure to long grass or when the pollen count is high
- Keep the horse stabled if possible when grass is being cut, crops are being harvested in the area and when the pollen count is high
- Monitor your local pollen forecast
- Consider using a face mask or nose net when the horse is turned out
- Be aware that species related to the named allergen can also be problematic

*Approximate flowering time



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EQUINE WEED ALLERGENS

DANDELION

(*Taraxacum officinale*)



*March - October

PLANTAIN

(*Plantago lanceolata*)



*April - September

OIL SEED RAPE

(*Brassica napus*)



*April - September
(road side plants
can last through to
December)

RED CLOVER

(*Trifolium pratense*)



*May - October

OX-EYE DAISY

(*Chrysanthemum leucanthemum*)



*June - August

DOCK

(*Rumex crispus*)



*June - September

NETTLE

(*Urtica dioica*)



*June - September

LAMB'S QUARTERS

(*Chenopodium album*)



*July - September

MUGWORT

(*Artemisia vulgaris*)



*July - September

RAGWEED

(*Ambrosia artemisiifolia*)



*August - October

TIPS ON REDUCING EXPOSURE

- Exercise on well-cut tracks and paths, or include road work where feasible
- Regularly groom or bath/rinse the horse to physically remove pollen from their coat, especially after exposure to long grass or when the pollen count is high
- Keep paddocks and areas around arenas and stables weed-free
- Monitor your local pollen forecast
- Consider using a face mask or nose net when the horse is turned out
- Be aware that species related to the named allergen can also be problematic

*Approximate flowering time

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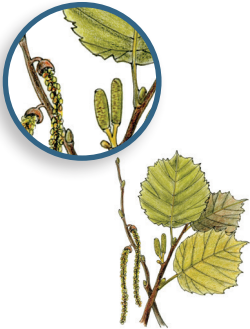


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EQUINE TREE ALLERGENS

HAZELNUT (Corylus americana)



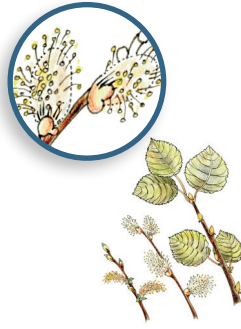
*January - April

ALDER (Alnus glutinosa)



*February - April

WILLOW (Salix discolor)



*March - May

ASH (Fraxinus americana)



*April - May

BEECH (Fagus sylvatica)



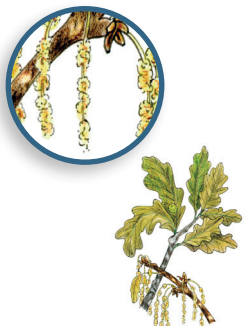
*April - May

BIRCH (Betula populifolia)



*April - May

OAK (Quercus rubra)



*April - May

SYCAMORE (Platanus racemosa)



*April - September

HORSE CHESTNUT (Aesculus hippocastanum)



*May - June

SCOTS PINE (Pinus sylvestris)



*May - June

PRIVET (Ligustrum vulgare)



*June - July

TIPS ON REDUCING EXPOSURE

- Avoid exercise routes around wooded areas during peak pollen season
- Try to avoid areas with high concentrations of the named allergen e.g. beech woods
- Turn out away from trees where possible or fence off areas to avoid direct contact
- Keep hedges and trees well cut, to limit flowering
- Remember that tree pollens are seasonal with many species flowering early in the year
- Be aware that species related to the named allergen can also be problematic

*Approximate flowering time

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EQUINE INSECT ALLERGENS

HOUSE FLY (Musca domestica)



Can be found year-round, but may hibernate in the winter

STABLE FLY (Stomoxys calcitrans)



Most active during the day and can be found year-round

BLACK FLY (Simulium venustum)



Most active from May to September

MIDGE (Culicoides spp.)



Most active at dusk and dawn from late May to early September

MOSQUITO (Culicidae)



Most active at dusk and dawn from late May to early September

HORSE FLY (Tabanus spp.)



Most active June to August during the day, inactive at night

TIPS ON HORSE MANAGEMENT

- Ensure fly repellents prevent the bite rather than killing the insects after they have bitten
- Use a fly rug and mask to cover the horse's body, head, neck and tail base in addition to, or impregnated with, a repellent
- Ensure fly rugs and masks fit correctly, are free from tears (to prevent access for insects) and free from mud and faeces (which attract insects)
- Repellent washes and sprays should be reapplied as per their instructions and may need additional application if the horse gets wet or sweaty
- Tags and collars are available which when tied or plaited into the mane and tail help repel insects
- Apply vitamin E to areas where permethrin is used (e.g. under the mane and tail head) to prevent a prickling sensation
- Some biting insects will not bite through layers of oil, so certain oil-based products may help by providing a barrier on the skin

TIPS ON STABLE MANAGEMENT

- Install large fans to circulate air within barns/stables - midges are poor fliers!
- Cover open doors/windows with fine mesh and use fly tapes
- Insecticidal sprays released by a timer can be used within enclosed areas
- Add fish to any ponds/permanent stagnant water to ingest insect ova and larvae
- Use midge trapping machines in the immediate vicinity of stables or shelters



TIPS ON PASTURE MANAGEMENT

- Move the horse away from standing water, sheep, cattle, manure and compost piles
- Restrict access to the edge of woodland, sheltered areas (where wind will be reduced) and any marshy, mossy or boggy areas
- Remove hedges and trees where appropriate to encourage more air flow across grazing areas
- Stable when relevant insects are most active
- Be aware that species related to the named allergen can also be problematic

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