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EMERGENCY PREPAREDNESS **BE PREPARED FOR THE WORST**

1. Keep veterinarian's phone number handy and written down by all phones. Be sure to include a card on all stall doors.
2. Be prepared to give temperature and other vital signs when calling for help.
3. Have access to a trailer or the phone number of a person who does. Be sure all horses can load easily into a trailer.
4. Have driving directions to veterinary hospital.
5. Have several friends/volunteers who you can enlist to help. Have those phone numbers handy.
6. First aid kit (also kits for trailer when traveling.)
7. Practice taking vital signs and have something to record them on.

NORMAL VITAL SIGNS

Pulse: 28-44 beats/minute **Respiration:** 12-20 breaths/minute
Temperature: 99.5 – 101.5 °F **Mucous membranes/gums:** moist and pink
Capillary refill time (CRT): 2 seconds or less
(press on gum, then count seconds for color to return.)

FIRST AID KIT

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| <input type="checkbox"/> Veterinary phone number | <input type="checkbox"/> Stethoscope |
| <input type="checkbox"/> Gauze pads | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Sterile wound dressing (non-adherent pad) | <input type="checkbox"/> Hoof pick |
| <input type="checkbox"/> Roll cotton | <input type="checkbox"/> Surgical soap |
| <input type="checkbox"/> Brown gauze | <input type="checkbox"/> Eye wash (or sterile saline) |
| <input type="checkbox"/> Adhesive wrap (Vetwrap, Elastikon) | <input type="checkbox"/> Antiseptic solution (Betadine, Chlorhexidine) |
| <input type="checkbox"/> Leg wraps | <input type="checkbox"/> Antibiotic ointment (Nolvasan, Biozide) |
| <input type="checkbox"/> Scissors | <input type="checkbox"/> Latex gloves |
| <input type="checkbox"/> White tape | <input type="checkbox"/> Flashlight and spare batteries |
| <input type="checkbox"/> Duct tape | |