

ALLERGY MANAGEMENT CHECKLIST

TIPS AND MEDICATIONS

While it is unrealistic to complete **all** the management tips listed below – the more you do, the better chance you have of providing your horse relief.

RAO

Barn-associated RAO is most common in winter and spring, pasture-associated RAO in summer and early fall. RAO typically affects horses 9-12 years of age and isn't more common in one gender. The highest prevalence occurs in stabled horses fed hay in the Northeast and Midwest. There also appears to be a heritable component.

Date	Maintenance Tips	Date	Medications
	Wet or steam hay prior to feeding (mild cases)		Systemic corticosteroids
	Maintain horses on pasture (barn-associated)		Aerosolized bronchodilators (immediately helpful during respiratory distress)
	Clean, well ventilated stalls (pasture-associated)		Dexamethazone (severe cases)
	Avoid storing hay above stalls in barn loft		Prednisolone (moderate cases)
	Minimize sweeping floors when affected horses are stalled		Albuterol (benefits within 5 minutes of administering)
	Avoid straw bedding (consider chopped paper or cardboard)		Clenbuterol (for longer acting effects)
	Transition to pelleted feed (severe cases – consult your veterinarian before abruptly changing feed)		
	Avoid round bale hay		