



Information About Horse & Cattle Allergies

Farmworkers, ranchers, butchers, veterinarians, and agricultural workers have direct exposure to cattle, horses, dust mites, and other allergens. Long-term exposure can cause permanent respiratory health issues. Many other professions are also at risk for indirect exposure, depending on the products used and the services provided. That's why it is essential to treat your allergy proactively!

What Causes HORSE & CATTLE ALLERGIES?

When exposed to major or minor allergenic proteins in saliva, dander, sweat, and urine, people with horse or cattle allergies have an immune system response. Animal proteins, also referred to as albumins, are common allergens. The albumins found in horses, cattle, dogs, and cats can be cross-reactive,¹ and being allergic to one of these animals may cause allergy symptoms when exposed to one of the others. Anaphylaxis, a severe and potentially life-threatening allergic reaction, can occur, so getting tested for a suspected allergy is critical.

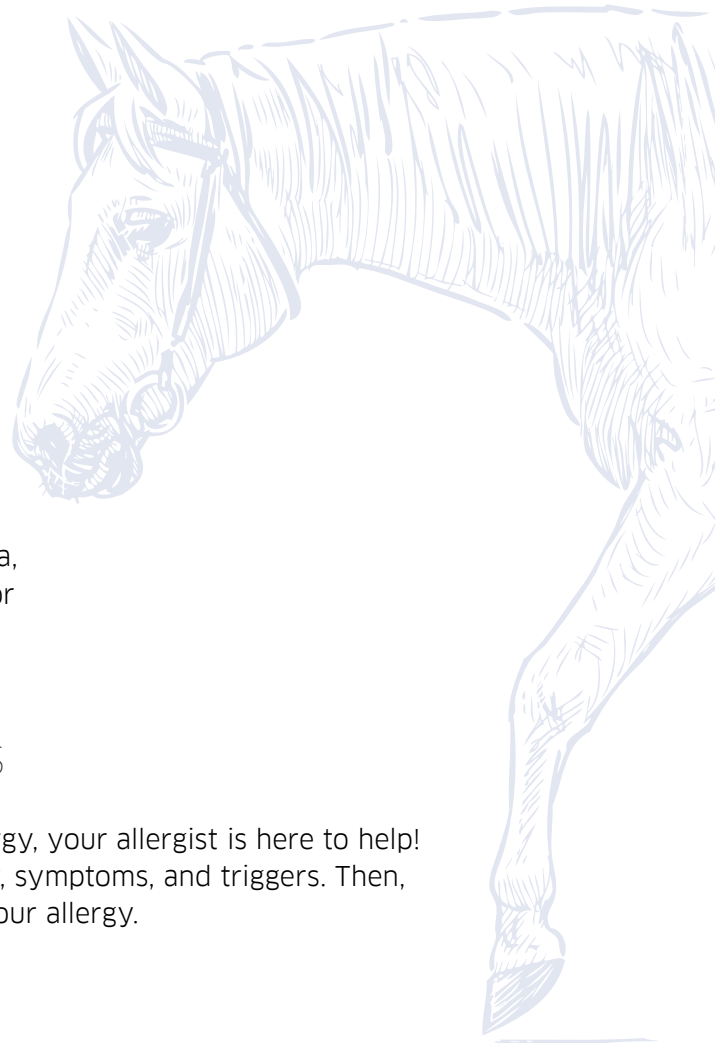
Horse & Cattle Allergy SYMPTOMS

You may have an allergy if you experience any of the following symptoms after direct or indirect exposure with a horse or cattle. Symptoms can range from minor to severe.

- Sneezing
- Runny, itchy, or stuffy nose
- Itchy, watery eyes
- Skin rash or hives
- Asthma symptoms like coughing, wheezing, or tightness in chest
- Bronchitis or COPD
- Anaphylaxis symptoms like dizziness, nausea, swollen throat and tongue, vomiting, weak or fast pulse

Horse & Cattle Allergy DIAGNOSIS

If you suspect you have a horse or cattle allergy, your allergist is here to help! First, they will ask about your medical history, symptoms, and triggers. Then, they may suggest allergy testing to confirm your allergy.



A skin prick test is the most common type of allergy testing. This test involves pricking your skin with a sterile device and applying a small amount of allergen extract. Then you're monitored for swelling, redness, or other reaction signs. This reaction helps your allergist determine the severity of your allergy and can help identify potential treatments to help relieve your symptoms. Sometimes, a doctor may use a blood test instead of a skin prick test.

Horse & Cattle Allergy TREATMENT

Avoidance is the best way to prevent allergy symptoms. If that's not possible, your allergist can recommend a treatment plan to best address your specific condition. Treatment options for a horse or cattle allergy will vary depending on your symptom severity. Below are some common treatments for allergy symptoms.

- **Nasal** – Steroid nasal sprays, oral antihistamines, or other oral medications
- **Respiratory or Asthma** – Inhaled corticosteroids or bronchodilators to either prevent or relieve respiratory symptoms
- **Epinephrine Pen** – Syringes of epinephrine medication for use in life-threatening circumstances
- **Allergy Shots** – Injections that build tolerance over time by gradually increasing doses of the allergen

Horse & Cattle Allergy Exposure DIRECT VS. PASSIVE

Direct exposure happens when you interact firsthand with horses or cattle. Passive exposure occurs indirectly and can happen almost anywhere or anytime. Studies show that people with direct contact with horses or cattle carry their allergens on their clothes,¹ so you can be exposed while shopping, at work or school, on public transportation, or anywhere else you interact with others.

References

1. Arseneau AM, Hrabak TM, Waibel KH. Inhalant horse allergens and allergies: a review of the literature. *Mil Med.* 2012 Jul;177(7):877-82. doi: 10.7205/milmed-d-12-00038. PMID: 22808898.

