

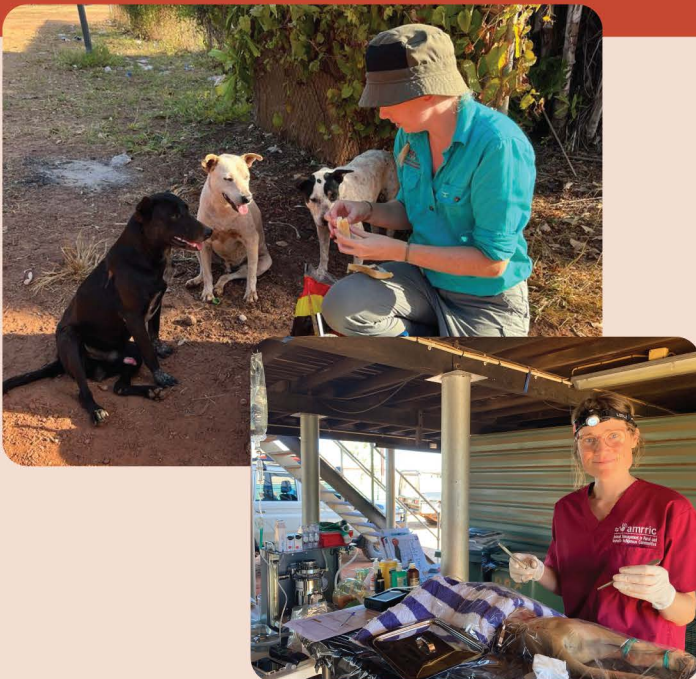


WHAT IS SHARING TRACKS?

Working in animal health and management has its challenges, especially for those working in rural and remote communities. Sharing Tracks is developed and distributed by Animal Management in Rural and Remote Indigenous Communities (AMRRIC). It has been designed to share lived experiences and give you the latest information in companion animal health and management. We hope that this newsletter will include your stories from your communities. A network for collaboration

and support, to share ideas and knowledge for program planning and service delivery. Although Sharing Tracks is developed and distributed by Animal Management in Rural and Remote Indigenous Communities (AMRRIC), our hope is that most of the newsletter's content will reflect the voice of our readers and their communities to help others to understand different approaches to companion animal health and management.

Do you have a question or story you would like to share in our next issue? Feel free to contact us at sharingtracks@amrric.org



WHAT IS AMRRIC?

AMRRIC is a national not-for-profit organisation that works with remote Aboriginal and Torres Strait Islander communities to help improve the health and wellbeing of companion animals, such as cats and dogs. From the very beginning, AMRRIC's approach has been founded in a deep respect for the culture of Aboriginal and Torres Strait Islander peoples. We promote a model of service delivery that recognises the importance of companion animals to culture and community and acknowledges the links between the health and wellbeing of animals, their owners, and the whole community.



WHAT'S INSIDE?

YOU AS THE 'EXPERT'

You know your communities better than anyone, so send us your stories on basically anything related to animal health and management. Big or small, we want to hear it all!

EDUCATION FEATURE

Need resources to help educate the community? We provide information on the different resources that are available and can also help to share your great resources!

A DAY WITH...

Meet the incredible people working in companion animal health and management across Australia!

DISEASE FEATURE

Providing practical information about a health problem that affects dogs and/or cats in rural and remote communities.

AMRRIC AS AN 'EXPERT'

You've got questions? We've got answers! And if we don't, we will do our very best to find them for you! Please ask us anything...

FEATURED MEDICINE

Want to know medicines are available to treat sicknesses in dogs and cats? We've got you covered! Providing basic information on animal medicines that treat common diseases.

NEW SCIENCE

Discussing new research that is important for people working in animal health and management in rural and remote communities.

GOOD NEWS STORIES

Does your team have a story or achievement you think would help other people working with dogs and cats in community? This section features stories, successes, and experiences in companion animal health, submitted by our readers.

FREQUENTLY ASKED QUESTIONS (FAQs)

HOW DO I GET A COPY OF THE NEWSLETTER?

The easiest way to stay up to date with the latest edition of Sharing Tracks is to subscribe to our newsletter, by clicking [here](#). This will add you to a mailing list that is only used for the newsletter. You can opt out of receiving the newsletter at any time. You can also keep up to date by following AMRRIC's Facebook page. If you miss an issue, you can also check out our digital newsletter archive.

HOW OFTEN IS THE NEWSLETTER PUBLISHED?

Right now, a new edition of Sharing Tracks will be sent out by email every three months, but we're always open to suggestions. Don't want to wait for the next newsletter? No problem. Our social media pages will be updated as news, articles and stories become available.



HOW DO I SUBMIT AN ARTICLE OR ASK A QUESTION?

If you want to ask a question or include an article in our next newsletter, simply send us an email at sharingtracks@amrric.org, or send us a message on our Facebook.



DISEASE FEATURE

FLEAS



WHAT ARE FLEAS?

Fleas are small, jumping bugs, that are reddish-brown and are flattened from side to side. Fleas survive by biting through the skin to feed on the blood of people and animals.

HOW DO CATS AND DOGS GET FLEAS?

Dogs and cats get fleas in many ways, including contact with other infested animals or wildlife, from the environment or even from inside your own house!

HOW CAN I TELL IF A DOG OR CAT HAS FLEAS?

One or two fleas on a cat or a dog may be hard to find but there are some tell-tale signs that suggest they might be there.

One of the first things you may see in a dog or cat with fleas is itching, scratching, or chewing, especially along the back and around the top of the tail. This is because when a flea bites, they inject a small amount of saliva (spit) into the animal's skin, which causes irritation and itching. Some dogs and cats are allergic to fleas, which makes them itch and scratch a lot, even with only one or two fleas.

If a dog or cat scratches a lot, you may also start to see hair loss, or red, irritated skin. You can also see fleas or flea eggs on the skin, or "flea dirt" (flea poop) which is small, pepper-like specks in the fur or on the pet's bedding.

HOW DO FLEAS MAKE CATS AND DOGS SICK?

In most cases fleas just lead to itching and discomfort in cats and dogs. When there are hundreds or thousands of fleas feeding all at once, the loss of blood can cause anaemia, which makes animals tired, and weak. Anaemia is more common in young puppies and kittens. To make things worse, fleas can also carry other germs, like bacteria, in their mouth and spread them to animals and people when they are feeding. This can lead to horrible skin sores on people.



HOW ARE FLEAS TREATED?

There are many flea medicines in the shops that can kill fleas. It is best to talk to your veterinary service provider about the medicines that work the best so that you can stop fleas on animals in your community.

IMPORTANT THINGS TO REMEMBER WHEN TREATING DOGS AND CATS FOR FLEAS

All of the animals in the house need to be treated. If one dog or cat in the house has fleas, they probably all have fleas. So, treating just the one that has symptoms is not going to work very well.

Regular, year-round treatment is required to eliminate fleas from the house. The fleas living on a dog, or a cat are just the "tip of the iceberg". Most of the fleas and flea eggs will be hiding around the home or in the environment where the medicine can't get to them. To get rid of fleas and flea eggs in the environment, you need to take away their food source, by treating all animals in the household continuously throughout the year.

For more information about fleas, check out [AMRRIC's EHP Manual](#) and [Flea Fact Sheet](#).

