

## CARE OF RED EARED SLIDER

This turtle species is from North America and are one of the most common aquatic turtle species sold as pets. They are strong swimmers but also like to spend most of the day basking in the sun.

### DIET

Red eared sliders are omnivores. These means they eat both plants and animal protein. In young turtles less than 4 years, 40% of their food should be from meat proteins. However adult turtles need a lot less meat protein, and should have a maximum of 25% meat protein and commercial pellet feeds in their diet. All captive sliders need additional calcium and vitamin supplements, this should be from Nutrobal (made by VetArk), it should be sprinkled on the food every third day, aim for 1pinch for each 1kg of turtle! It is good to offer fresh salad to your terrapin twice a day, also feeding aquatic plants which are edible for fish can add interest too their feeing. Below is a basic salad recipe and some meat protein options. Variety is very important, make sure you change the salad and meats daily to ensure a balance of nutrients.

#### - **REPTILE SALAD RECIPE**

- 80% Green vegetable; Provide a good mix of dark green leafy vegetables. Fresh green bean, snap peas, snow peas, can feed leaves and stalks too. Dark green or red lettuce leaves. Turnip greens, tung choy, mustard greens, beetroot greens, yin choy/amaranth greens, tong ho, water cress. Edible flowers: pansy, mimula, petunia, nasturtium. Do not feed broccoli, bok choy or brussel sprouts more than once a week..
- 10% Red Orange Yellow vegetable; Orange pumpkin and squashes, peeled and grated. Sweet bell peppers. Grated carrot and sweet potato, yams not more than once a week.
- 10% Other fruit and vegetable; Mushrooms, onions, spring onions, other root vegetables, cactus pad (remove spines), star fruit, asparagus, okra. Raspberries, blueberries, strawberries, pears, plums (remove pip), mangos, papayas, cherry (remove pips), apricots, cantaloupe melon (skinned), kiwi (skinned), mango (skinned remove pip). Do not feed seed from papaya, apple, plums, pears.

#### - **Suggested Meat proteins**

- live feeder fish. Earthworms. Finely chopped lean beef, cooked chicken. Occasional shrimp. Small pinky mice. Slugs and snails. Crickets.
- Commercial diets: reptile or turtle pellets not more than 25% of whole diet, Mazuri provide a good diet.

### THE TANK

Getting the right tank for you terrapin is as important as the right food to ensure your turtle stays healthy. As a rough guide your tank needs to be 5 times as long as your turtle's length, but plan ahead, your turtle will grow up to 22cm. The water should be twice the depth of your turtle's length. There needs to be a basking platform at least a 3<sup>rd</sup> of the length of the tank. Ensure there is a good ramp for your turtle to walk up to the platform on from the water. Make sure there is a gap of air under the platform from the top of the water level.

Keeping the water clean is essential for turtle health. You should have a water filter to keep the water fresh. However the water in the tank should still be changed weekly, and the tank cleaned fully every 2 weeks. If you do not have a water filter you will need to change 50% of the water daily and do a total drain and clean weekly. Sliders should be fed in a separate tank as they can be very messy eaters. Also ensure you clean out any faeces daily.

Slider tanks also require special heat and light. Make sure all your electronics are carefully insulated to avoid the risk of electric shock! Heat should be provided by a ceramic bulb lamp over the basking platform. You should plug your ceramic bulb into a thermostat, good thermostats have their own temperature probe which you place under the light, they ensure the ceramic heat lamp gives out the correct temperature. You should also measure the temperature at terrapin height with a digital thermometer which can measure the max and min temperatures. Aim for the temperature under the ceramic bulb to be 30 - 32°C. Some turtles (especially young turtles) may need a water heater too, the water temperature should not fall below 23°C. It is very important you provide the heat all year round and monitor it carefully, you may need extra heat in the winter.

Turtles also need a UVB light source to make sure their body can produce active vitamin D and absorb calcium from their diet. You will need a 5% UVB fluorescent strip bulb and it will need to be changed every 6 months because the UVB portion burns out (ZooMed is a good brand to use). The UVB light should be suspended over the middle of the tank and basking platform, and not be higher than 20cm from the top of your terrapin, turn this light off at night.

### HUMAN HEALTH

All reptiles can carry bacteria which are harmful to people. Salmonella is a common bacteria for reptiles to carry which can make people very sick so ensure you wash your hands carefully after any contact with your slider or their food and tank. For this reason reptiles do not make good pets for children, the elderly or anyone who is immunocompromised.

**FOR FURTHER ADVICE PLEASE CONTACT YOUR VETERINARY SURGEON**

## 紅耳龜（巴西龜）

紅耳龜又名巴西龜，源自北美，乃最常見的水族寵物之一。紅耳龜天生善泳，同時亦喜好「日光浴」。

### 食糧

紅耳龜為雜食動物，顧名思義會同時進食植物及動物蛋白質。四歲以下的年幼紅耳龜需進食較多肉類蛋白質，佔總食量的四成，而成年龜隻只需不多於百分之廿五。蛋白質可來自肉類本身或市面售賣的龜糧。被飼養的龜隻需要補充額外的鈣質及維他命，飼主可每隔三日將補充劑 Nutrobal（由 VetArk 製造）混於食糧，每公斤重的龜隻應給予一摺份量。飼主可每日兩次餵飼新鮮「沙律」，與及可供魚類食用的水族植物。每天轉換不同肉類及蔬菜有助營養均衡，亦能給予龜隻新鮮感。

- 以下是「沙律」餐單：

- 80%綠色植物。混合各類深綠葉蔬菜。新鮮綠豆、豆角、荷蘭豆，可同時餵飼葉部及莖部。深綠或紅色生菜菜葉。大頭菜、通菜、芥菜、紅菜頭、筍菜、唐蒿、西洋菜。可供食用的花朵：三葉堇、溝酸漿屬的花朵、矮牽牛、西洋菜花。西蘭花、白菜、小椰菜每星期最多只能餵一次。
- 10%紅、橙、黃色植物。去皮及磨碎的南瓜、彩椒。磨碎的紅蘿蔔及番薯，芋頭每星期不多於一次。
- 10%其他蔬果。菇類、洋蔥、京蔥及其他根部植物、去芯的胭脂仙人掌、楊桃、露筍、秋葵。紅莓、藍莓、士多啤梨、梨、去核布祿、芒果、木瓜、去核車厘子、杏梨、去皮哈密瓜、去皮奇異果、去皮去核的芒果。請勿餵飼木瓜核、蘋果核、布祿核、梨核。

- 建議動物蛋白質

- 飼料活魚、蚯蚓、切碎的瘦牛肉、煮熟的雞肉、間中可餵飼蝦、初生老鼠、鼻涕蟲及蝸牛、蟋蟀。
- 兩棲類或龜糧-不多於總食糧的 25%。Mazuri 乃不俗的牌子。

### 棲境

合適的生活環境與食糧同樣重要。一般而言，紅耳龜需要比身體長五倍的魚缸。然而飼主應考慮到龜隻可生長至廿二厘米。水深方面則需達龜隻高度的兩倍。缸內應有多於三分之一的為陸地，水陸之間需由斜道連接，以供龜隻休息。陸地底部與水平面之間必須預留空間。

除此以外，水質對紅耳龜的健康尤為重要。要確保水質合適，飼主可安裝濾水系統。無論有否安裝濾水裝置，飼主都應該定時換水 - 有濾水器的魚缸可每周換水一次，並每兩周徹底清洗魚缸；若沒有濾水器的話，飼主則需每日更換半缸水，另每周更換全缸水及清潔魚缸。紅耳龜進食時經常弄髒水缸，故此飼主應另覓地方餵飼龜隻。飼主亦應每日清理缸內的糞便。

魚缸內需備有特別的熱源及光源。缸內的電子裝置應完全絕緣以避免龜隻觸電。建議安裝陶瓷暖管照射缸內的陸地。暖管應連接恆溫器以控制缸內溫度。應把包含探熱器的恆溫器調節至卅至卅二度並置於暖管下。飼主另需安裝可量度最高及最低溫的電子溫度計於龜隻所處的高度。部份龜隻（特別是年幼龜隻）需要暖水管，而水溫不宜低於廿三度。飼主應密切監察熱源溫度，在冬季尤甚。

龜隻的身體依靠 UVB 紫外線去合成維他命 D 及攝取鈣質。飼主應安裝 5%UVB 紫外光燈在缸頂中間位置，距離陸地不多於二十厘米。紫外光燈所發出的 UVB 會隨年月衰減，故此需每半年更換一次（可考慮 ZooMed 品牌）。紫外光燈需在晚間關掉。

### 對人類健康的影響

所有兩棲類動物均可帶有使人致病的細菌，其中較常見的有能引起嚴重感染的沙門氏菌。飼主接觸龜隻或清洗魚缸後應洗手。兒童、老人或免疫系統不全者不適合飼養兩棲類動物。