

$$y^2(y^2 - 4) = x^2(x^2 - 5) \Rightarrow y^4 - 4y^2 = x^4 - 5x^2$$

$$\Rightarrow 4y^3 y' - 8y y' = 4x^3 - 10x.$$

When $x = 0$ and $y = -2$, we have $-32y' + 16y' = 0$

$\Rightarrow -16y' = 0 \Rightarrow y' = 0$, so an equation of the tangent line is

$$y + 2 = 0(x - 0) \text{ or } y = -2.$$