



Basic Pet First Aid and Disaster Preparedness Handbook



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Emergency Phone Numbers

The Life Centre, Leesburg, VA	703-777-5755
Regional Veterinary Referral Center, Springfield, VA	703-451-8900
Southpaws, Fairfax, VA	703-752-9100
The Hope Center, Vienna, VA	703-281-5121
Valley Emergency Veterinary Clinic, Winchester, VA	540-662-7811
ASPCA Animal Poison Control Center	888-426-4435

Normal Vital Signs for Dogs and Cats

Parameter	Dogs	Cats
Temperature	99.5-102.5 F	99.5-102.5 F
*Thermometer should be almost clean when removed. Abnormalities are indicated by blood, diarrhea, or black, tarry stool		
Pulse	90-130 beats/minute	140-180 beats/minute
Respiration Rate	15-30 breaths/minute	20-30 breaths/minute
Mucous Membranes	pink and moist	pink (may be light pink) and moist
Capillary Refill Time	< 2 seconds	< 2 seconds
* This is the time it takes for the gums to turn from white to pink after you apply pressure with your finger and then release.		

How to Check for a Pulse

The easiest place to locate a pulse is the femoral artery in the groin area. Place your fingers on the inside of the hind leg and slide your hand upward until the back of your fingers touches the abdomen. Gently move your fingers back and forth on the inside of the hind leg until you feel the pulsing blood. Count the number of pulses in 15 seconds and multiply that number by 4. This will give you the beats per minute (bpm).

Remember NEVER to give your pet Tylenol, Ibuprofen, or other pain medications such as Aleve. These medications are highly toxic and can cause liver and kidney failure! Always consult with your veterinarian prior to giving your pet any medications!!



Restraint Methods

Care must be taken when handling weak or injured pets. Even normally docile pets will bite when frightened or in pain. If your animal is injured, you must restrain him/her for your safety as well as your pet's. You may need to muzzle your pet to restrain it if it is painful or frightened. Do not attempt to muzzle your pet if it is unconscious, has difficulty breathing, is vomiting, or has a mouth injury. Please remove the muzzle to allow your pet to pant and relax after handling.

If your pet can't walk, you can use a door, board, blanket, or floor mat as a stretcher to transport him or her. Laundry baskets work well for smaller dogs and cats. Make sure to offer lots of padding and to have someone help support your pet to prevent falling if you are using a make shift stretcher.

Dogs--Muzzles

1. Speak and move calmly and quietly.
2. Have someone restrain the dog with a leash.
3. Approach the dog from the side and behind its head; do not attempt to put the muzzle on from the front.
4. Quickly slip a nylon or wire cage muzzle over nose and secure snugly behind ears.
5. If a muzzle is not available, you can make one from a strip of gauze, rag, necktie, nylon stockings, belt or rope about 3 feet long.
 - Make a large loop in the center. Quickly slip loop over dog's nose and tighten.
 - Bring ends under chin. Tie snugly behind ears.

Dogs—Body Restraint

1. Gently wrap your arm around your dog's neck and shoulders to help immobilize the head. Use your other arm to wrap around the chest to help support your dog. Hold your dog close to your body to help comfort him and minimize his movement.
2. Some dogs are better restrained on their side. Using two people (one controlling the rear legs and the other controlling the front legs and head), gently lay your dog on his side. Please take care to keep your dog from hitting his head as you lay him down. A person should be behind the dog and should hold the dog by placing their elbow near the dog's ear and hold the bottom front leg in their hand. They should hold the dog's lower hind leg in their other hand.



Cats—Muzzles (Please note, it may not always be possible to muzzle a cat)

1. Speak and move calmly and quietly.
2. Have someone restrain the cat by holding the scruff of its neck firmly. This does not hurt the cat; it just prevents him/her from moving.
3. Working from behind the cat, quickly slip a nylon muzzle over the cat's face. The muzzle will cover most of his/her face, including the eyes. Secure snugly behind head.
4. If you are alone, scruff the cat with one hand and put the muzzle over the cat's face with the other. Slide both hands along muzzle straps and secure behind the head.

Cats--Body Restraint

3. Most cats can be restrained by holding the scruff of the neck and gently laying them on their side. You can use your other hand to help hold the back legs still.
4. The "Cat Sack" can be used for fractious or very frightened cats. Slip sack over cat from tail to head, zip up appropriate zippers.
5. "Kitty Burrito": Wrap your cat in a towel, making, sure his/her front legs are covered and against the body. You can also cover your cat's head with a towel to help calm him/her and to gain better control.



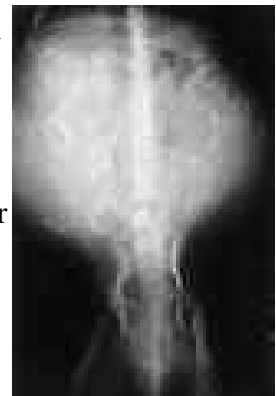
Basic First Aid Procedures

All of the following situations require immediate veterinary care!

1. **Abrasions and Cuts:** Most superficial scrapes or wounds no larger than an inch or two in area can be treated with first aid. Larger or deeper abrasions require professional medical attention.

- Muzzle your pet if necessary.
- If you have electric clippers, gently clip the fur away from the wound. Fur in a healing wound can lead to contamination and delayed wound healing. Avoid clipping fur with scissors as you can accidentally cut your pet.
- Use warm water to flush the wound to remove dirt and debris from the area.
- Apply an antibiotic cream such as Neosporin or Bacitracin 3-4 times daily. Distract your pet for a few minutes after applying these medications to keep him or her from licking the medication off. These two medications are relatively safe, even if your pet licks a tiny amount from the abrasion.
- Seek veterinary attention immediately if the wound spreads, produces pus, or if your pet is uncomfortable. Also, any cut that is moist, draining, or has reddened and swollen edges after three days of treatment should be examined by a veterinarian.
- **A special note about Lacerations and Puncture wounds:** Treatment of lacerations and puncture wounds is very similar to treating abrasions and bite wounds. However, it is important to remember that lacerations and puncture wounds may only reveal a small part of the injury and they may be more serious than you can visualize. Please treat these injuries as you would the abrasions and bite wounds listed above. Unlike humans, pets seldom (but can) get tetanus. A “tetanus shot” is not needed for dogs and cats. However, these wounds can become deeply infected and can also interfere with underlying muscle, tendons, ligaments, and joints and they should always be assessed by your veterinarian.

2. **Birth or Dystocia (difficult or abnormal labor):** The gestation period for most dogs and cats is about 63 days. After about 52 days of gestation an x-ray should be taken to see how many puppies or kittens to expect. By this time the skeletons of the fetuses are visible on a radiograph ("x-ray"). Just before giving birth, the pet will usually become restless and may stay close to its owner. Some pets will want to be alone and will look for a quiet place (which you can have prepared ahead of time) to deliver their babies. Your pet's temperature will also drop prior to delivering. You can monitor the temperature at home and if it drops below 99 degrees, your pet is about to start delivering. First time mothers may become frightened or vocalize during labor. This is normal unless the vocalization becomes too severe. They may walk around between babies and may actually want something to eat or drink while in labor. Expect a kitten or pup every 45-60 minutes, and sometimes at much shorter intervals. The amniotic sac, which looks like a cellophane wrapping over the newborn, is usually





removed by the mother's licking. If it is not removed within two or three minutes by the mother, you should gently remove it so the newborn can begin breathing. If you should need to remove the amniotic sac, also clean the airways of the puppy or kitten by removing mucous from the nose and mouth. You can do this with a rubber bulb syringe. The mother should accept the newborn to a mammary gland right away and many pups and kittens are already nursing when the remainder of the litter is still on the way. **Seek Veterinary help immediately if you notice any of the following:**

- If your pet has not delivered her babies by the 65th day of gestation.
- If your pet seems to be in very obvious pain.
- 30-60 minutes of strong contractions occur with no newborn being produced.
- Greater than four hours pass between newborns and you expect more.
- A fetus seems to be stuck in the birth canal.
- If the mother is consistently ignoring one baby in particular or separating out one baby from all the others.

3. Bite Wounds:

- Approach your pet carefully to avoid getting bitten.
- Muzzle the animal.
- If you have electric clippers, gently clip the fur away from the wound. Fur in a healing wound can lead to contamination and delayed wound healing. Avoid clipping fur with scissors as you can accidentally cut your pet.
- Check the wound for contamination or debris. If significant debris is present, then clean the wound with warm water. It is ok to use hydrogen peroxide for an initial cleaning but not for subsequent cleanings as it impairs healing.
- Wrap large open wounds to keep them clean.
- Apply pressure to profusely bleeding wounds.
- Because bite wounds are a combination of penetrating and crushing damage, they are often more extensive than you can tell visually and often become infected. You should see your veterinarian immediately if your pet suffers a bite wound.



4. Bleeding:

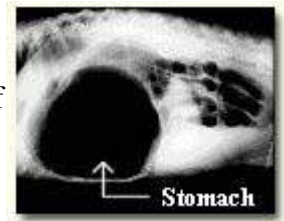
- **Internal:** Symptoms include bleeding from the nose, mouth, or rectum; coughing blood; blood in the urine; pale gums; swollen abdomen; collapse; and rapid or weak pulse.
 - Keep animal as warm and quiet as possible.
 - Transport your pet to a veterinarian as soon as possible. Internal bleeding can be a life threatening emergency!



➤ **External:**

- Muzzle the animal.
- Press a thick gauze pad over the wound with firm direct pressure. Hold firmly until clotting occurs (at least for 10 straight minutes). Wiping the wound repeatedly will disrupt any clots that have tried to form and can prolong bleeding.
- You can apply ice to the wound to help provide vasoconstriction and stop the bleeding.
- If bleeding is severe, apply a tourniquet between the wound and the heart.
- Loosen tourniquet for 20 seconds every 5-10 minutes.
- A tourniquet is dangerous and should only be used in life-threatening hemorrhaging of a limb. It may result in amputation or disability of the limb.
- Transport your pet to your regular veterinarian as soon as possible,

5. Bloat (Gastric Dilatation Volvulus): This disease tends to occur in large breed, deep chested dogs and is caused when the stomach fills with gas that cannot be expelled by belching or vomiting. Eventually, the stomach fills to the point that it twists. Death can occur within hours of onset and is usually due to circulatory failure and shock. Clinical signs of bloat include: gagging, trying unsuccessfully to vomit, salivation, distended and taut abdomen, trying to lay down but can't get comfortable, and restlessness. **First aid for bloat is not a good option and you should seek veterinary help immediately if you feel your dog is bloating! Bloat is fatal without proper veterinary intervention and surgery!**



6. Back or Neck Injuries: Back injuries can occur either due to muscle sprains/strains, ruptured intervertebral discs, or fractures. They most commonly occur in short-legged, long-backed dogs such as Dachshunds and Corgis. Clinical signs include difficulties drinking or eating from food bowls, intense pain, hunched back, dragging or knuckling on the back feet, or crying when being picked up. Since slipped discs can be quite serious, you should take your pet to the veterinarian if you note any of these signs. It is a life-threatening emergency if you find that your pet is unable to move or feel his or her back legs.

7. Broken Toenail:

- Try to determine if the nail is fractured such that a loose piece can simply be trimmed away with a nail clipper. If a fractured end or a nail fragment is attached by a small strand, cut that piece away. If the nail is fractured but still well attached, you should see your veterinarian for treatment.
- To stop bleeding from a nail that is trimmed too close to the quick or broken away from the quick, you can pack the end of the nail with styptic powder, bar soap, cornstarch or flour, or Quick-Stop powder made specifically for this purpose. Pack the coagulant up against the bleeding quick and hold it there for a minute or two.



- Monitor the toe for signs of infection (limping, redness, swelling, pus) and see your veterinarian if you notice any of these things. Your pet will likely need an antibiotic.

8. Burns (chemical, electrical, or heat (i.e. from a heating pad)): Symptoms include singed hair, blistering, swelling, and redness of the skin.

- Flush the burn immediately with large amounts of cool, running water.
- Apply an ice pack for 15-20 minutes. Do not allow the ice pack to have direct contact with your pet's skin and make sure to wrap the ice pack in a light towel.
- If your pet has large quantities of dry chemicals on his or her skin, brush them off. Water may activate some dry chemicals.
- Call your veterinarian immediately.

9. Choking: Symptoms of choking include: difficulty breathing, excessive pawing at the mouth, salivation, and blue discoloration of the lips and tongue.

- If your pet can still partially breathe, it's best to keep the animal calm and get to a veterinarian as quickly as possible.
- If possible try to open your pet's mouth to inspect for food, toys or other objects caught in the back of the throat or wedged in the roof of the mouth but be cautious about the potential for being bitten. Be sure to protect yourself as well as the animal, as your pet will likely be frantic and may be more likely to bite.
- If you can, clear the airway by removing the object with pliers or tweezers, being careful not to push it farther down the throat.
- If the object is lodged too deep or if your pet collapses, then place your hands on both sides of the animal's rib cage and apply firm, quick but gentle pressure (as if you were trying to mimic a coughing action). You can also place the animal on its side and gently compress the side of the rib cage firmly with the palm of your hand three or four times. Repeat this procedure until the object is dislodged or you arrive at the veterinarian's office.
- Contact your veterinarian immediately.

10. C.P.R.: This may be done in extreme situations and please note that attempts at C.P.R. can cause injury to your pet if done incorrectly. Also, despite your best efforts and the best efforts of your veterinarian, C.P.R. is nearly always unsuccessful. The best chance your pet has for a full recovery is to seek veterinary care immediately when signs of distress are noted!

- Check the airway for any possible foreign bodies. You can do this by looking deep in the mouth and by pulling the tongue forward. Remove any objects you may find.
- If your pet is not breathing, lay him or her on her right side.
- Check for a heartbeat by listening to the chest where the elbow touches the ribs. You can also feel for a heartbeat by placing your fingertips against



- the chest near the sternum (breastbone). If there is no heartbeat, start chest compressions with the flat of your hand.
- To inflate the lungs, extend the neck as if the pet is stretching the jaw forward. This provides a straight airway from the nose and mouth back into the lungs.
- Close your pet's mouth and place your mouth around the end of the muzzle covering the nose and blow through your pet's nose. You should be able to see your pet's chest expand. Do not over inflate the lungs!
- Try to breathe for you pet once every 5 seconds.
- In between breaths, apply chest compressions by placing one hand on each side of the chest in the area of the heart about 5 to 7 ribs back from the base of the neck. Compress every second and stop occasionally to breathe for your pet. Compressions with the thumb and forefinger of one hand may be all that is needed for cardiac stimulation in very small dogs or in cats.
- Seek veterinary attention immediately!!!

11. **Diarrhea:** Diarrhea is the frequent and repetitive passage of loose, watery stool. Bloody diarrhea with severe straining may be an emergency, especially for cats and small breeds of dogs. Diarrhea along with vomiting can be a sign of serious intestinal obstruction that may even need surgery. Weakness, pain, vomiting, and restlessness are all signs that your pet needs medical attention. A pet with diarrhea, but few other signs of distress may sometimes be treated at home. However, please contact your veterinarian prior to treatment! Always have a fecal sample checked just in case worms or other parasites, such as Giardia, are a factor causing the diarrhea.



- Withhold food for 12-24 hours, but not water (this may not be safe to do with small breed dogs, puppies, or kittens. Consult with a veterinary professional).
- After this time, you can begin offering your pet a 4:1 mixture of boiled white rice and boiled, skinless chicken or hamburger or low fat cottage cheese. Make sure to avoid any seasoning. Start out by offering small, frequent meals every 2 hours and then gradually increase the meals and decrease the frequency.
- Once the urgency has diminished and your pet is starting to develop more normal stools, you can begin gradually mixing in his or her regular diet over 5-7 days.
- Call your veterinarian prior to implementing this bland diet protocol and if your pet's diarrhea does not begin to resolve within 12-24 hours.

12. **Eye injuries:** Any injury to the eye can lead to permanent scarring or blindness if penetrating or ulcerative lesions develop. If your pet is squinting, hiding its eyes from the light, has a raised third eyelid, or has any blood within or around the eye; you should see your





veterinarian immediately! Home treatment of eye injuries is not recommended without a veterinarian's inspection.

13. **Fractures:** Symptoms include pain, inability to use a limb, or a limb hanging at an odd angle. Muzzle your pet.

- Look for bleeding. If you can control bleeding without causing more injury, then do so. Watch for signs of shock.
- Try to gently assess the traumatized area by looking for bruising, an abnormal contour to the surface that isn't present on the opposite side, a twist to the limb that isn't normal, or discomfort when pressure is applied.
- Do not attempt to set the fracture by pulling or tugging on the limb!
- If a limb is broken below the knee or below the elbow, you can try to immobilize it prior to transport. You can do this by wrapping the leg in cotton padding, then wrapping with a magazine, rolled newspaper, towel, or two sticks. The splint should extend one joint above the fracture and one joint below. Secure with tape. Make sure the wrap does not constrict blood flow.
- If the limb appears broken above the knee or elbow, it is better to avoid immobilizing the limb as it can cause the fracture to become worse.
- If your pet can't walk, you can use a door, board, blanket, or floor mat as a stretcher to transport him or her. Laundry baskets work well for smaller dogs and cats. Make sure to offer lots of padding and to have someone help support your pet to prevent falling if you are using a make shift stretcher.
- If an animal is in extreme pain, is in a panic, or has a paralyzing spinal injury, you should call your veterinarian for advice regarding transporting. You may also need to enlist the help of friends or family, as these patients require a number of assistants for your trip to the animal hospital.
- You should seek veterinary care immediately if you believe that your pet has a fracture.

14. **Frostbite:** When this occurs, it most commonly affects the ear tips, toes, and tail.

- Remove your pet from the cold source immediately.
- Run cool water over the affected areas.
- Do not warm the frostbitten area quickly!
- Do not massage or rub the affected area!
- Seek veterinary attention immediately.

15. **Heatstroke:** Symptoms include: rapid or labored breathing, vomiting, high body temperature, bloody diarrhea, wide eyes, staggering gait, weakness, and collapse.



- If possible, take your pet's temperature. Any temperature above 106 degrees is dangerous. Also check for any blood or dark, tarry stools on the thermometer. It is very serious if this is noted. The longer the temperature remains at or above 106 degrees, the more serious the situation. Heatstroke can be fatal in minutes!
- Place your pet in a tub of tepid or slightly cool water or cover your pet with a wet towel as a blanket. Thoroughly wet the belly and inside the legs. Make sure that you do not use cold water as this can make your pet worse. You can also apply rubbing alcohol to the paw pads and ears to help evaporate heat off more quickly.
- Recheck your pet's temperature frequently and stop cooling him or her once you get to a temperature of 103.
- Seek veterinary attention as soon as possible. Many animals die from heatstroke and those who recover may require intensive care.



16. Hotspots: These are suddenly appearing, wet, circular patches of infection on the skin that cause intense itching and irritation. These can be due to insect bites, allergies, or a mild skin abrasion. Hotspots spread very rapidly across the skin surface and beneath the fur and are sometimes difficult to see before they are very large. Most animals will require veterinary care for hotspots, but you can safely implement first aid by doing the following:



- Trim the fur around the affected area to allow air to assist in drying the lesions. Again, use electric clippers and not scissors to avoid cutting your pet. Use caution as well. Hotspots can be very painful and your pet may resist clipping and cleaning of the wound without pain medication and a mild sedative administered by your veterinarian.
- Gently clean the hotspot with warm water and apply topical anti-bacterial ointment such as Neosporin.
- Seek veterinary attention if the lesion does not begin to dry up and heal within 3 days or if it grows larger.

17. Hypoglycemia (low blood sugar): This problem occurs most often in toy breed dogs (especially puppies) or in diabetics receiving too much insulin. Symptoms of hypoglycemia include confusion, mental dullness, salivation, coma, and seizures. If you suspect that your pet may have hypoglycemia, you can rub Karo syrup on his or her gums and then try offering food (only if your pet is responsive and able to swallow). If you feel your pet has had a hypoglycemic episode, seek out veterinary attention immediately.

18. Insect bites and stings: Most insect bites are mildly irritating to our pets but sometimes they can cause hives and discomfort. Please





seek out veterinary attention immediately if your pet develops hives or difficulties breathing. Basic first aid for insect bites includes:

- You can call your veterinarian for advice regarding an over-the-counter antihistamine such as Benadryl to reduce the allergic response.
- Cortisone cream can be applied to any insect bite to help provide relief.
- Cold compresses over bee stings can help to alleviate swelling and pain.
- If you are removing a tick, make sure to use tweezers or a tick remover and not your fingers. Try your best to remove the entire tick. Grasp the tick close to your pet's skin with a pair of tweezers or a tick remover. Gently pull the tick out of your pet's skin. If the mouthparts are left behind, try warm compressing the area twice daily for 5-7 days. Your pet's body should dissolve and remove the mouthparts on its own.
- A lot of over the counter flea and tick products that are not sold through a licensed veterinarian can be very toxic to small dogs and cats. They are forms of pesticides that are toxic to humans and animals as well as the fleas. Most often, they can cause skin irritation and itching but can cause tremors or seizures. If your pet exhibits mild skin irritation or itching, try bathing your pet with a non-medicated shampoo or with Dawn dish soap to remove any residual product and call your veterinarian. If your pet ingests any of these products (i.e. flea collars), contact the ASPCA Poison Control hotline at 888-426-4435 immediately. Call your regular veterinarian as well if you need further guidance.

19. Poisoning: Symptoms of poisoning include: vomiting, convulsions, diarrhea, salivation, weakness, depression, and pain. **See pages 13-17 for a list of poisons and hazards around the home. Seek Veterinary Care Immediately for All Poisonings!!!!**

- Record what your pet ingested and how much.
- Call your veterinarian or the ASPCA Animal Poison Control Center at 888-426-4435 immediately. They will give you a case number for your pet. Make sure to write this down and give it to your veterinarian so they can contact poison control if needed for further guidance.
- Do not induce vomiting unless directed to by your veterinarian or poison control.
- If toxins or chemicals from paints, oils, or insecticides are on your pet's skin, request directions on if and how to wash the toxin off.
- If possible, bring the wrapper or container of a suspected poison with veterinary office.
- If inducing vomiting is indicated, you can use hydrogen peroxide (a 10lb dog or cat can get ½ tsp placed at the back of the mouth; a 100lb dog may get 2 tbsp). If this does not work, you should take your pet to the veterinarian so they can induce vomiting more effectively.





20. Saddle Thrombus (Aortic thromboembolism): Saddle thrombus occurs in cats and is truly a complex and life threatening issue. When this occurs, a clot lodges in the aorta, which is the major artery offering blood supply to the abdomen and lower parts of the body. Most often, the clots lodge where the aorta divides to provide blood supply to the back legs. These can occur in cats with underlying heart disease or thyroid problems. Clinical signs include extreme pain, cold back feet, non-palpable femoral pulses, and paralysis of the back legs. This is a medical emergency and you should see your veterinarian immediately if you note these signs in your cat.

21. Seizures: Symptoms of a seizure include: salivation, loss of control of urine or stool, violent muscle twitching and paddling of the legs, and loss of consciousness.

- Keep your pet safe by removing it from stairways. Also, move away dangerous objects such as tables and chairs.
- Provide a calm and quiet environment for your pet during the seizure. Do not try to hold or restrain your pet as you may accidentally be bitten. However, you can speak soothingly to your pet to help calm him or her.
- Do not think you must hold your pet's tongue to keep him from swallowing it. This does not happen in animals and it may put you at risk for being bitten.
- Time the seizure. Seizures are very scary to watch and they seem to last for a long time. However, most seizures last only a few seconds to a minute. Timing the seizure and also recording what happened during the seizure can be very helpful information for your veterinarian in treating your pet.
- If the seizure lasts more than 3 minutes or if there are clusters of 3 or more seizures, seek veterinary attention right away.
- After seizures, most animals experience a post-ictal phase where they are confused and off balance. Please try to keep your pet from falling or running into objects during this time.
- Any pet that experiences a seizure should be examined by a veterinarian and have a serum chemistry and CBC performed to rule out diseases that can cause seizures.

22. Shock: Shock typically follows severe injury or extreme fright. Symptoms of shock include: weak pulse, pale gums, shallow breathing, nervousness, or a "dazed" appearance.

- Keep your pet restrained, quiet, and warm.
- If your pet is unconscious, keep the head level with the rest of the body.
- Seek veterinary care immediately!

23. Urinary Tract Blockage: Symptoms of lower urinary tract blockage (an inability to urinate) include: straining and crying while posturing to urinate without producing urine, frequent trips to the litter box, excessive licking, vomiting, and depression. This is a medical emergency and you should seek veterinary attention as soon as possible. This happens most often



with male cats and without appropriate therapy, your pet can die.

24. **Vomiting:** Many pets will experience vomiting due to “dietary indiscretion” or low grade viral infections that are self limiting. However, vomiting can also be a sign of more severe problems such as foreign bodies, metabolic disease (such as liver or kidney failure), or intestinal disease such as inflammatory bowel disease. If the vomit contains bright red blood or material that looks like coffee grounds, or the vomiting is accompanied by diarrhea, you should seek veterinary care. If your pet seems alert, active, and otherwise normal, you may be able to try cautious observation and these first aid tips at home:

- Withhold food and water until vomiting has ceased for 4 hours. (This may not be safe in small breed dogs, puppies, or kittens. Consult with a veterinary professional. Do not allow your pet to go beyond 6-12 hours without seeking medical advice).
- If no vomiting has occurred, you can begin offering ice cubes or very small amounts of water every hour for the next 6-12 hours.
- If vomiting has still not resumed, slowly offer a bland diet (4:1 mixture of boiled white rice and boiled hamburger or skinless chicken or low fat cottage cheese) in small, frequent amounts over the next 24 hours. Please do not add any cooking oil or seasoning. Keep in mind that toy breeds of dogs can suffer hypoglycemia (low blood sugar) if food is unavailable for longer than 18-24 hours.
- If vomiting still has not resumed, gradually transition your pet back to his regular diet over 3-5 days.
- Seek out veterinary help if your pet has no interest in food, vomits repeatedly, tries to vomit repeatedly without producing any material, seems cramped or in pain, or if there is blood in the vomit.



101 Things You Didn't Know Could Harm Your Pet

Presented by the ASPCA

Hazards in the Home:

Household Items:

1. Non-steroidal anti-inflammatory medications (ibuprofen, aspirin, etc.)
2. Acetaminophen
3. Cold and flu medications
4. Antidepressants
5. Vitamins
6. Home insect products
7. Rat and mouse bait
8. Bleach
9. Diet pills
10. Disinfectants
11. Fabric softener
12. Lead
13. Lighter fluid
14. Mothballs
15. Anti-cancer drugs
16. Solvents (paint thinner)
17. Flea and tick products
18. Drain cleaners
19. Liquid potpourri
20. Slug and snail bait
21. Oven cleaner sprays
22. Lime/scale remover
23. Fly bait
24. Detergents
25. Tobacco products

Plants: Do you have any of these plants in or around your home? If so, make sure they're in places where your pets can't reach them, or consider getting rid of them altogether. Please note that even the pollen granules of lilies can be toxic to cats!

26. Common Plants:

- | | | |
|-------------------------------------|--------------------------|-----------------|
| Aloe | Dieffenbachia | Marble Queen |
| Amaryllis | Dumbcane | Morning Glory |
| Asian Lilly | Easter Lilly | Mother-in-Law |
| Asparagus Fern | Elephant Ears | Mountain Laurel |
| Australian Nut | English Ivy | Needlepoint Ivy |
| Autumn Crocus | Eucalyptus | Nephtysis |
| Azalea | Ferns | Nightshade |
| Belladonna | Fiddle-leaf Philodendron | Oleander |
| Bird of ParadiseGold | Dust Dracaena | Panda |
| Bittersweet (American and European) | Florida Beauty | Peace Lily |
| Black Locust | Foxglove | Philodendron |
| Branching Ivy | Glacier Ivy | Poison Hemlock |
| Buckeye | Gladiolas | Precatory Bean |
| Buddhist Pine | Golden Pothos | Privet |
| Caladium | Heavenly Bamboo | Red Emerald |
| Calla Lily | Honeysuckle | Rhododendron |
| | Hurricane Plant | Ribbon Plant |



Castor Bean	Hyacinth	Sago Palm
Ceriman	Hydrangea	Satin Pothos
Clematis	Iris	Schefflera
Cordatum	Jerusalem Cherry	Striped Dracaena
Corn Plant	Jimson Weed	Sweetheart Ivy
Cycads	Kalanchoe	Tulip
Cyclamen	Lantana	Water Hemlock
Daffodil	Lilies (all Liliium species)	Wisteria
Daylily	Lily of the Valley	Yew
Devil's Ivy	Lupine	Yucca

Harmful Foods: Make sure to store these foods where your pets can't find them!

- | | |
|-----------------------------|---|
| 27. Avocados | 35. Alcoholic beverages |
| 28. Chocolate (all forms) | 36. Moldy/spoiled foods |
| 29. Coffee (all forms) | 37. Salt |
| 30. Onions and onion powder | 38. Fatty foods |
| 31. Garlic | 39. Gum, candies, or other foods sweetened with Xylitol |
| 32. Grapes and Raisins | 40. Tea leaves |
| 33. Corn cobs | 41. Raw yeast dough |
| 34. Macadamia nuts | |

Objects: These household objects can cause puncture wounds, choking, or internal organ damage to your pets. Make sure they aren't left lying around.

- | | |
|--|--|
| 42. Balls (specifically balls that are small or have a smooth outer coating) | 51. Nylons |
| 43. Batteries | 52. Gorilla glue |
| 44. Bread twist ties | 53. Plastic wrap |
| 45. Buttons | 54. Socks |
| 46. Coins | 55. Rubber-bands and Paper clips |
| 47. Cotton swabs | 56. Sharp objects (knives, razors, scissors, needles, etc) |
| 48. Glass | 57. String, yarn, dental floss |
| 49. Hair pins | 58. Towels |
| 50. Jewelry | 59. Wax |

Trouble Areas: Dogs and cats are more likely to get injured in these areas of your home. Keep your pets away from these places or watch them closely when they're near them if you can.

60. **Balconies:** Tall balconies without safety railings, or railings spaced too far apart, can lead to a dangerous fall.
61. **Bath tubs or sinks:** Small pets can drown in full bathtubs or sinks.



62. **Doors and windows:** Dogs and cats can run away if they find an open door or window. They can also get seriously injured if they run across a busy road. Windows should have screens to prevent cats or other pets from falling out.

63. **Electrical cords:** Your pets can be electrocuted if they bite or chew on electrical cords that are plugged in.

64. **Fireplace:** Your pets can be burned by the flames or get sick if they eat the ashes.

65. **Toilets:** Toilet water is not healthy for pets to drink; always remember to close the lid. Make sure to leave plenty of clean, fresh water for your pets if you must leave them alone.

66. **Washer and Dryer:** Your pets can crawl into a washer or dryer without your knowledge; close the doors to these appliances when you're not using them.

Hazards Outside the Home:

67. **Algae:** Algae can be found in ponds or other bodies of water; certain forms can be toxic.

68. **Antifreeze/Coolant:** Some types of antifreeze or coolant products contain ethylene glycol, which is highly toxic to dogs and cats, even in small amounts.

69. **Fire pit/Grill:** Flames can result in serious burns and ashes can cause illness if ingested.

70. **Fences or gates:** Your pets can run away if they find openings in damaged fences or gates. They can also get hurt or strangled if they get stuck.

71. **Deck lattice:** Your dogs or cats can get stuck in the openings under your deck and possibly be strangled.

72. **De-icing salts:** Some formulations may contain chemicals that are hazardous to pets if ingested in large amounts. They can also burn your pet's paws. Look for "pet-friendly" de-icing salts.

73. **Compost (particularly if moldy)**

74. **Gasoline**

75. **Oil**

76. **Pesticides**

77. **Cocoa bean shell mulch fertilizer**

78. **Swimming pools and hot tubs:** Never leave your pet unattended near uncovered pools, even if they can swim.

Holiday Hazards:

79. **Alcohol:** Alcoholic beverages are toxic to pets and should NEVER be given to them during the holidays or any other time.



Valentine's Day:

80. **Flowers and candy:** Many types of flowers and plants found in bouquets are harmful to dogs and cats if they are ingested (see the previous list of hazardous plants). Chocolate can cause vomiting, diarrhea, hyperactivity, abnormal heart rhythm, tremors and seizures, and, in severe cases, chocolate poisoning can be fatal.

Easter:

81. **Fake grass:** This colorful "grass" may look appetizing to your pets, but it could cause them to choke or obstruct their intestines if ingested.

82. **Small toys and other plastic items:** If swallowed, small toys and plastic Easter eggs can cause your pet to choke or even damage their intestinal tracts.

Fourth of July:

83. **Fireworks:** Fireworks can scare your pets, making them run off. They can also cause serious injuries if detonated near them. Many formulations are also toxic if ingested.

Halloween:

84. Repeatedly opening doors to greet trick-or-treaters can increase the chances of your pets running out. Keep an eye on their whereabouts at all times. If feasible, keep cats in a secure area or closed room when opening doors.

85. **Candles:** Pets are naturally curious, and may be attracted to the bright lights of the flame in dark areas. Dogs and cats could either burn themselves by the flame or knock the candle over, starting a fire.

86. **Xylitol:** Candy or gum sweetened with xylitol is toxic and should be kept away from your pet.

87. All forms of chocolate can be harmful to your pet, potentially resulting in poisoning or even pancreatic inflammation from the high fat content.

Thanksgiving:

88. **Bones:** Turkey, chicken, and other small animal bones are very different from the large bones you find at the pet store. These small bones splinter easily and can cause serious internal damage if swallowed, so NEVER give them to your pet.

89. **Hot containers:** Your dog or cat will most likely become curious when they smell something cooking. Keep an eye on hot containers so that your pet does not tip them over and get burned.

Christmas:

90. **Holiday plants:** Christmas rose, Holly, Lilies, and Mistletoe are all toxic to dogs and cats.

91. **Ribbons:** It may look adorable, but placing a ribbon around your pet's neck may cause them to choke. Cats may also try to chew on or eat the ribbons from wrapping paper and these can cause them to choke or cause an intestinal obstruction.

92. **Bubbling lights:** Older forms of this attractive decoration may contain methylene chloride, which is a highly toxic chemical.



93. **Fire salts:** Contains chemicals that could be harmful to pets.

94. **Angel hair (spun glass):** This can be irritating to eyes and skin, and could cause intestinal obstruction if eaten in large amounts.

95. **Christmas tree water:** Stagnant tree water or water containing preservatives could result in stomach upset if ingested.

96. **Decoration hooks:** These can cause blockage and/or trauma to the gastrointestinal tract if swallowed.

97. **Styrofoam:** This can cause your pets to choke if swallowed.

98. **Ornaments:** These can look like toys to cats and dogs, but they can cause severe injury, especially if your pets break or swallow them. Make sure to hang breakable ornaments high enough on your tree that your pets cannot reach them.

99. **Tinsel:** Tinsel can cause choking or internal trauma if swallowed.

New Year's

100. **Balloons and Confetti:** These fun New Year's party decorations can cause your pets to choke or obstruct their intestines if ingested. Keep an eye on your pets when they're around these items or move them to an area that is not decorated.

101. **Loud noises:** New Year's is typically a noisy holiday. Unfortunately, loud noises frighten pets and can cause them to run off. Keep your pets in a separate room, away from noisemakers, music, and other loud sounds that may startle them.



Acupressure Points Every Pet Owner Should Know

1. **GV 20:** This is a point located on top of your pet's head that can be found by drawing a line to the midline on top of the head from the base of the ears. This is an excellent point to massage to help calm an anxious pet.

2. **GV 26:** This point is located in the "T" formed below the nose in the filtrum. You can stimulate this point with a pen cap by using a "henpecking" motion. It is a very powerful resuscitation point that can help to save pets that have collapsed, become unconscious, or are developing cardiac arrest.



3. **Heart 7:** This point is found on the lateral aspect of the wrist. It appears to be a large "hole" between the bones of the forearm and the ligaments. You can massage or stimulate this point to help pets that are having seizures (should help to stop the seizure).



Natural Ways to Help Calm Your Pet in an Emergency

1. **Lavender Oil:** Lavender oil is readily available at most natural food stores. You can rub some of the oil down the top of your pet's head and down either ear pinna. Dogs and cats respond to aromatherapy just like people do and Lavender can help to calm you pet safely in a crisis.

2. **Rescue Remedy:** This is a Bach floral essence that is available at whole food stores. It contains a mixture of natural flower essences that can help to calm humans and animals both. If your pet is stressed or anxious and is able to take this by mouth (i.e. is conscious and hasn't been vomiting), you can try Rescue Remedy for calming. Cats should probably receive 2-3 drops by mouth, small dogs 1/4-1/2 dropperful by mouth, medium dogs 1/2-3/4 dropperful by mouth, and large dogs 1 dropperful by mouth. You can repeat this every few hours.

3. **Body Language and Cues:** Our pets rely very heavily on our body language for cues on how to behave in different situations. If we approach our pets in a tense and stressed manner, they will also react fearfully. Always speak in a low, soothing voice. If you must restrain your pet for any reason, gentle firm pressure with your hands will be less intimidating to him or her than light, "goosey" touching. Also, some animals will really calm down if you place your hands anywhere on their body and take a big sigh. This relaxes you and also gives your pet a cue that it is ok to relax in any given situation.



How to Apply a Bandage

1. Place a stirrup of white tape on the skin hanging below the foot. This will help to keep the bandage from slipping.



2. Apply a non-stick Telfa pad to any wounds.



3. Wrap roll cotton around the leg to either immobilize affected joints or to cover any wounds. Always roll the cotton away from the leg to help prevent the bandage from being too tight. Always start near the toes or at the tip of the tail and wrap up, back down, then up again to help promote good circulation. Wrap each layer of cotton over the previous layer by 50%. Any layers of cotton should be smooth as wrinkles can cause pressure on the limb, leading to sores.



4. Wrap stretch gauze around the leg as described with the roll cotton.



5. If you have used a stirrup, fold the loose end up and secure it to the bandage.





6. Wrap Vetwrap as described previously with the roll cotton. It is always best to unroll the Vetwrap and then re-roll it prior to using it in your bandage. This helps to loosen the Vetwrap and helps to prevent your bandage from being too tight. Ideally, you should be able to fit one finger between your pet's limb and the bandage.



7. Secure the bandage at the top with some white tape or Elasticon.



8. Try to leave the middle two toes exposed when applying a bandage so you can monitor them for swelling. This would indicate bandage is too tight.



9. Monitor the bandage closely to ensure that it stays clean and dry. You should change the bandage if it becomes soiled as any moisture trapped under a bandage can lead to infection.

10. You can use a Ziploc bag to cover and protect the bandage when your pet is outside to help keep the bandage clean and dry.



How to Make Your Own Pet First Aid Kit

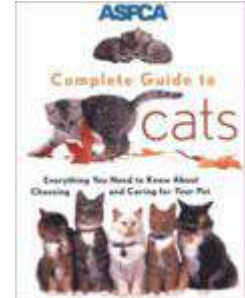
A Simple Home First Aid Kit Should Include:

1. Board or blanket to use as a stretcher.
2. 1 Emergency Blanket (aluminized).
3. Tie gauze, rope, or soft cloth to use as a muzzle.
4. 2 small Telfa (non-stick) sterile pads.
5. 2 large Telfa (non-stick) sterile pads.
6. 1 roll of 2 inch cotton roll.
7. 1 roll of 4 inch cotton roll.
8. 1 roll of 2 inch stretch gauze.
9. 1 roll of 4 inch stretch gauze.
10. 1 roll of 2 inch Vetwrap.
11. 1 roll of 4 inch Vetwrap.
12. 1 roll of 1 inch white tape.
13. 1 roll of 2 inch Elasticon.
14. 1-2 Non-stick bandages (i.e. ACE bandage).
15. 20-30 non-sterile 2"x2" gauze squares.
16. 5 pairs of latex gloves.
17. 1 leash, 6' slip style.
18. 1 bottle Artificial Tears solution.
19. 1 bottle 3% Hydrogen Peroxide solution.
20. 5 sterile lubricating jelly pouches.
21. 6 safety pins.
22. 10 cotton swabs/applicators.
23. 5 tongue depressors.
24. 1 bottle Kwik-stop powder for toenails.
25. 1 pair bandage scissors.
26. 1 pair metal tweezers/forceps.
27. 1 Digital Thermometer.
28. 1 Ticked Off Tick Remover.
29. 1 tube Neosporin or Bacitracin ointment.
30. 1 tube Hydrocortisone ointment.
31. 1 instant cold pack.
32. List of Emergency Phone Numbers.
33. First Aid Handbook.

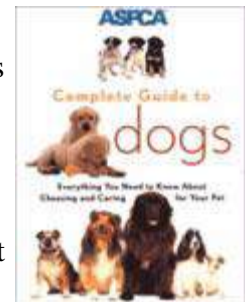


References for Pet First Aid

1. ASPCA Complete Guide to Cats: Whether your kitty is a common tabby or a pure-bred champion, every cat lover will find the *ASPCA Complete Guide to Cats* an invaluable resource. Filled with eye-catching photographs and drawings, this definitive guide tells you everything you need to know about cat care, from feeding and litter box training, to the special needs of kittens and older cats. *The ASPCA Complete Guide to Cats* includes an easy-to-use reference section to the physical attributes and personalities of fifty cat breeds. Grade 6-Adult. Laminated Paperback, 6 1/2" x 8 1/2", 368 pages



2. ASPCA Complete Guide to Dogs: *The ASPCA Complete Guide to Dogs* is the ultimate authoritative source of information for all dog lovers. Illustrated with more than 650 photographs and drawings, this comprehensive guide offers practical advice on the everyday care of your canine companion, from grooming and house training to "nipping" behavior problems in the bud. *The ASPCA Complete Guide to Dogs* includes a reference section profiling the physical attributes and personalities of more than 150 breeds plus the most popular mixed breeds. Simple icons on each breed page let you know important breed traits at a glance, such as energy level, compatibility with children and special exercise needs. Grade 6-Adult, Laminated Paperback, 6 1/2" x 8 1/2", 368 pages.



3. Be Red Cross Ready Safety Series Volume 2: Dog First Aid: Dog First Aid is a valuable resource for dog owners as well as dog handlers for therapy dogs, police K-9 units and search and rescue units. The new manual includes information for dogs and puppies of all sizes including how to keep them healthy, prepare for an emergency, and how to recognize and respond to a medical emergency until veterinary care is available. Dog First Aid is bundled with a DVD in the back cover that demonstrates how to perform many of the first aid steps described in the book. The DVD is closed captioned for the hearing impaired. Topics covered include:

- Symptoms and care for common ailments and emergencies.
- Instructions for creating a pet first aid kit, giving medications and how to recognize emergencies .
- Tips on maintaining your pet's health and well-being..
- First aid guidance on caring for nearly 70 canine health conditions.

5. Be Red Cross Ready Safety Series Volume 3: Cat First Aid: Cat First Aid is a valuable resource for all cat owners and handlers. Cat First Aid is bundled with a DVD in the back cover that demonstrates how to perform many of the first aid steps described in



Wholistic Paws Veterinary Services, LLC

Acupuncture, Rehabilitation, Hospice, and Euthanasia services in the comfort and dignity of your home.

the book. The DVD is closed captioned for the hearing impaired. Topics covered include:

- Symptoms and care for common ailments and emergencies
- Instructions for creating a pet first aid kit, giving medications and how to recognize emergencies.
- Tips on maintaining your pet's health and well-being
- First aid guidance on caring for more than 60 feline health conditions.





Traveling with pet passengers in tow? Here's how! (presented by the Humane Society of the United States)

Ruffin' it on the road? Why not make it fun for the whole family- four-leggers included? With more and more pet-friendly options for travelers, you don't have to leave Rover or Princess behind this year. Before you hit the road, here are a few tips to help make your journey a little easier.

First things first:

As you plan your trip, schedule an appointment with your veterinarian to make your pet's vaccinations are up to date and he receives a clean bill of health. Ask your veterinarian about health concerns specific to where you're traveling since problems like Lyme disease, certain parasites, and fungal infections are more prevalent in some areas of the country. Also, an interstate health certificate is required if you are planning to fly with your pet or drive with your pet across state lines.

- ❖ **Rabies Recommendation:** Particularly while traveling, you must be able to provide proof of your pet's rabies vaccination status at all times. Depending on state regulations, a pet without proof of current vaccination may be quarantined.
- ❖ **Travel Checklist:**
 - ✓ Secure collar with ID tags.
 - ✓ Leash.
 - ✓ Crate, safety harness, or other restraining device.
 - ✓ Litter box or poop bags.
 - ✓ Food, water, and snacks.
 - ✓ Food and water bowls.
 - ✓ Medications and copies of written prescriptions.
 - ✓ Vaccination records, especially rabies certificate.
 - ✓ List of veterinary clinics and emergency hospitals in the area to which you are traveling.
 - ✓ First aid kit.
 - ✓ Familiar blankets and toys.



See your vet prior to your trip for your health certificate and to make sure your pet is all set to go!

Can I See Some ID, Please?

Make sure your pet is wearing a secure collar with current ID tags that include your cell phone number. It's also a good idea to get your pet microchipped- that way, even if his collar comes loose, animal recovery facilities can access your contact information with a quick scan. If you're flying and your pet will be traveling in the cargo hold, attach your name and phone number along with your pet's medical needs to the crate.



Check out websites such as: petswelcome.com for tips on finding pet-friendly lodging!

Don't get Left out in the Cold!

Be sure to call your destination ahead of time and get information on pet policies. The last thing you'd want to do is arrive and find out that pets are not welcome! Many web sites offer extensive database of pet-friendly accommodations. After you've selected a place to stay, it's a good idea to call the hotel or campsite to double check their pet policies and find out what fees and restrictions may apply.



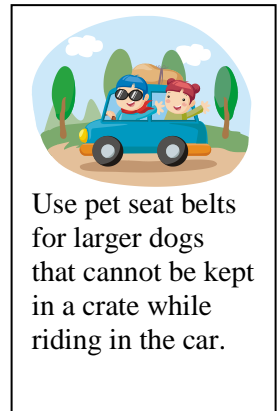
No Funny Tummys:

Riding with a carsick pet is no fun for anyone. If your pet isn't used to taking car rides, try these simple steps:

- ❖ Go through a few practice runs in the car, gradually increasing the distance each time.
- ❖ Since stressed animals can be prone to motion sickness, feed your pet only a small meal two to three hours prior to your trip.
- ❖ Talk to your veterinarian about remedies and plan a course of action that will help calm your pet and soothe his upset tummy.
- ❖ Don't forget to put a few towels and other clean-up items in the car when you pack.

Buckle up!

While in the car, dogs and cats should ride in a crate or carrier. These precautions help protect the driver from distraction and also protect your pet during sudden stops and turns, or in the event of an accident. It is critical that pets are never left unattended inside the car, even for a short amount of time. Temperatures can rise or drop to dangerous levels inside a locked car in a matter of minutes!



Flying the Furry Skies:



Each airline has different rules when it comes to traveling with pets, so be sure to do your research before booking your flight. In addition to certain federal regulations, most airlines require a health certificate before allowing pets on a flight. Make an appointment with your veterinarian to obtain a health certificate within the specified time period required by the airline. Also, keep in mind that seasonal restrictions may apply to pet air travel. Here are some other things to consider when deciding if you should carry your pet on or stow them below:

- ❖ Smaller animals that meet size and weight requirements are sometimes allowed to travel in the cabin, though they must have an airline approved carrier.
- ❖ Larger animals must travel as cargo, and be sure the crate is airline approved. The kennel must be large enough for your pet to sit, stand, turn around, and lie down easily.
- ❖ Buy your airline crate well in advance of your flight and encourage your pet to become accustomed to it by placing him inside for increasing intervals of time.
- ❖ Always keep your pet's crate training experiences positive!

Relax, You've Made It!

Once you arrive at your destination, allow your pet to examine and explore the new surroundings, and remain with him until he settles in and feels more at ease. If you're staying in a hotel and have to leave your pet alone in the room, be sure to hang the "Do Not Disturb" sign on your door and then call the housekeeping office to confirm that no one should enter.





Disaster Preparedness for Pets (presented by the Humane Society of the United States)

The key to survival during a disaster, crisis or emergency is to be as prepared as possible before the storm hits. Take the time to make a plan and assemble an emergency kit for you and your pet. By taking these steps now, you will greatly increase your pet's chances of survival. Here are the steps to help ensure your pet's wellbeing:

1. **Prepare for Everyday Emergencies:** These are example scenarios that could happen to you at any time, anywhere in the country. Prepare yourself for these events, and if a large disaster should ever hit, you will be ready and know what to do:

- The roads are icy, traffic is a mess and you decide to stay with a friend instead of risking the drive home from school or work. Who will check on your cat and feed her?
- While you were out running errands, a propane truck overturned on the street near your neighborhood and you are not allowed to go home. A police officer tells you the electricity to your neighborhood was shut off. How can you make sure your birds stay warm?
- Your mother-in-law has had a heart attack and you are going to meet your wife at the hospital. It may be a long night. Who will give your dog his medicine?

The Humane Society of the United States recommends the following actions to make sure your pets are taken care of when everyday events like these prevent you from taking care of your pets:

- Find a trusted neighbor and give them a key to your house or barn. Make sure this person is comfortable and familiar with your pets.
- Make sure the neighbor knows your pets' whereabouts and habits, so they will not have to waste precious time trying to find or catch them.
- Create a pet emergency/disaster kit and place it in a prominent place where your neighbor can find it.
- If the emergency involves evacuation, make sure the neighbor would be willing to take your pets and has access to the appropriate carriers and leashes. Plan to meet at a prearranged location.
- If you use a pet sitting service, they may be available to help, but discuss the possibility well in advance.



Make a plan to include your pets.



2. Disaster Supply Checklist for Pets

Every member of your family should know what he or she needs to take when you evacuate. You also need to prepare supplies for your pet. Stock up on non-perishables well ahead of time, and have everything ready to go at a moment's notice. Keep everything accessible, stored in sturdy containers (duffel bags, covered trash containers, etc.) that can be carried easily.

If you reside in an area prone to certain seasonal disasters, such as flooding or hurricanes that might require evacuation, create a kit to keep in your car.

In your pet disaster kit, you should include:

- **Food and water for at least five days** for each pet, bowls and a manual can opener if you are packing canned pet food.
- **Medications and medical records** stored in a waterproof container and a first aid kit. A pet first aid book is also good to include.
- **Cat litter box, litter**, garbage bags to collect all pets' waste, and litter scoop.
- **Sturdy leashes, harnesses, and carriers** to transport pets safely and to ensure that your pets can't escape. Carriers should be large enough for the animal to stand comfortably, turn around and lie down. Your pet may have to stay in the carrier for hours at a time while you are away from home. Be sure to have a secure cage with no loose objects inside it to accommodate smaller pets. These may require blankets or towels for bedding and warmth, and other special items.
- **Current photos and descriptions** of your pets to help others identify them in case you and your pets become separated and to prove that they are yours.
- **Pet beds and toys**, if you can easily take them, to reduce stress.
- **Information about your pets'** feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to board your pets or place them in foster care.
- **Microchip information and ID attached to your pet.** Unfortunately, it is very easy for pets and their owners to become separated during an emergency. When this happens, it is virtually impossible to reunite lost pets with their owners. Thousands of pets could not be reunited with their families after Hurricane Katrina because they were not microchipped and did not have any other forms of identification.
- **Other useful items include:** newspapers, paper towels, plastic trash bags, grooming items and household bleach.

Include these items in your pet's emergency kit:

- Food, water and medicines for five days.
- Medical and veterinary records.
- Carrier, toys, blanket or bed
- Litter box and litter.
- ID attached to your pet.
- Pet carrier and/or leash.
- Current photos of pet with physical description.
- Container to carry everything.



3. Find a Safe Place Ahead of Time: Because evacuation shelters generally don't accept pets (except for service animals), you must plan ahead to make certain your family and pets will have a safe place to stay. Don't wait until disaster strikes to do your research.

- Contact hotels and motels outside your immediate area to check policies on accepting pets. Ask about any restrictions on number, size and species. Inquire if the "no pet" policies would be waived in an emergency. Make a list of animal-friendly places and keep it handy. Call ahead for a reservation as soon as you think you might have to leave your home.
- Check with friends, relatives or others outside your immediate area. Ask if they would be able to shelter you and your animals or just your animals, if necessary. If you have more than one pet, you may need to house them at separate locations.
- Make a list of boarding facilities and veterinary offices that might be able to shelter animals in emergencies; include 24-hour telephone numbers.
- Ask your local animal shelter if it provides foster care or shelter for pets in an emergency. This should be your last resort, as shelters have limited resources and are likely to be stretched to their limits during an emergency.

4. In Case You're Not Home: An evacuation order may come, or a disaster may strike, when you're at work or out of the house.

- Make arrangements well in advance for a trusted neighbor to take your pets and meet you at a specified location. Be sure the person is comfortable with your pets and your pets are familiar with him/her, knows where your animals are likely to be, knows where your disaster supplies are kept and has a key to your home.
- If you use a pet-sitting service, it may be able to help, but discuss the possibility well in advance.

5. Don't Forget ID: Your pet should be wearing up-to-date identification at all times. This includes adding your current cell phone number to your pet's tag. It may also be a good idea to include the phone number of a friend or relative outside your immediate area—if your pet is lost, you'll want to provide a number on the tag that will be answered even if you're out of your home. Also, don't forget the importance of a microchip. Microchips are permanent forms of identification for your pet that will work for the entire life of your pet. These can be invaluable tools in having your pet returned to you if he/she is lost during an emergency.

6. When You Evacuate, Take Your Pets With You: The single most important thing you can do to protect your pets is to take them with you when you evacuate. Animals left behind in a disaster can easily be injured, lost or killed. Animals left inside your home can escape through storm-damaged areas, such as broken windows. Animals turned loose to fend for themselves are likely to become victims of exposure, starvation, predators, contaminated food or water, or accidents. Leaving dogs tied or chained outside in a disaster is a death sentence.

- If you leave, even if you think you may only be gone for a few hours, take your animals. When you leave, you have no way of knowing how long you'll be kept out of the area, and you may not be able to go back for your pets.



- Leave early—don't wait for a mandatory evacuation order. An unnecessary trip is far better than waiting too long to leave safely with your pets. If you wait to be evacuated by emergency officials, you may be told to leave your pets behind.

7. **If You Don't Evacuate, Shelter in Place:** If your family and pets must wait out a storm or other disaster at home, identify a safe area of your home where you can all stay together. Be sure to close your windows and doors, stay inside, and follow the instructions from your local emergency management office.

- Bring your pets indoors as soon as local authorities say there is an imminent problem. Keep pets under your direct control; if you have to evacuate, you will not have to spend time trying to find them. Keep dogs on leashes and cats in carriers, and make sure they are wearing identification.
- If you have a room you can designate as a "safe room," put your emergency supplies in that room in advance, including your pet's crate and supplies. Have any medications and a supply of pet food and water inside watertight containers, along with your other emergency supplies. If there is an open fireplace, vent, pet door, or similar opening in the house, close it off with plastic sheeting and strong tape.
- Listen to the radio periodically, and don't come out until you know it's safe.

8. **After the Storm:** Planning and preparation will help you survive the disaster, but your home may be a very different place afterward, whether you have taken shelter at home or elsewhere.

- Don't allow your pets to roam loose. Familiar landmarks and smells might be gone, and your pet will probably be disoriented. Pets can easily get lost in such situations.
- While you assess the damage, keep dogs on leashes and keep cats in carriers inside the house. If your house is damaged, they could escape and become lost.
- Be patient with your pets after a disaster. Try to get them back into their normal routines as soon as possible, and be ready for behavioral problems that may result from the stress of the situation. If behavioral problems persist, or if your pet seems to be having any health problems, talk to your veterinarian.



Keep your Pet Safe and Happy When Caught in "Evacuation Gridlock"

By Kathy Covey

(presented by the Humane Society of the United States)



Tips to make evacuating with your dog or cat a breeze.

The Humane Society of the United States urges all pet owners to evacuate with their pets when a disaster strikes. Many times, pet owners and their pets are caught in the traffic congestion caused when an evacuation notice is given.

The scenario: your car is loaded up with evacuation supplies, your family and your family pets. You leave when the evacuation notice is given and now find yourself stuck in the endless line of cars heading out of the area to safety.

The Humane Society of the United States offers this advice to help you and your pets weather the traffic jam:

- Always evacuate early with your family and pets to avoid any stress from the long line of traffic. You will reach your animal-friendly destination more quickly.
- Determine where you will go before evacuations are ordered. Find animal-friendly destinations where you can stay with your pet until it's safe to return home.
- Get your pets used to longer car rides during non-disaster times. Take them on frequent trips to the park or to grandma's house. Don't let the evacuation trip be your pet's first car ride.
- Do not leave your pets in the car unattended. In the summer, it takes just a few minutes for the inside temperature of a parked vehicle to become deadly.
- For cats, use the largest pet crate that will fit into your vehicle—this will provide your cat with plenty of room to sleep and use the litter box. Keep the crate securely shut at all times so your cat remains safely inside. When possible, use separate crates for each animal needing this sort of containment. Wire crates, as opposed to the more common airline travel crates, provide better air circulation.
- Avoid feeding your pets on the day of the evacuation to prevent upset stomachs and accidents. Provide plenty of food and water once you reach your destination. However, prevent dehydration by offering your pet small amounts of water throughout the trip.
- Keep visible identification on your pets at all times. Include your cell phone number on your pets' ID tag. Have an "evacuation" collar that includes an ID tag with an out-of-town emergency contact number. Remember, during an evacuation, nobody will be able to answer your home telephone.



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- Use the air conditioner rather than rolling down your vehicle's windows. Keeping your vehicle cool inside will help stressed pets avoid over-heating and will remove the excess moisture caused from pet's panting. And this will ensure your pets are securely kept inside your vehicle. You can also use small battery operated fans attached to crate doors to keep the air circulating.
- Keep your vehicle gassed up and stocked with your emergency supplies so you are able to leave at a moment's notice. This means extra water and coolant too.
- Take frequent breaks to walk your dog on a leash. Before opening the car door, make sure the leash is secured to your dog's collar and that you have a key to your car to prevent accidental lock outs. Avoid the hot pavement and seek out grass or natural areas. Be sure to have extra bags for waste
- Try to stay as calm as you possibly can to ease the stress felt by your pets.



Keeping Pets Safe During a Tornado (presented by the Humane Society of the United States)

Residents in highly-susceptible tornado areas (Tornado Alley) can quickly and easily increase the chances that their pets survive a tornado by following a few simple steps.

1. Keep Pet Supplies in a Tornado-Proof Room or Cellar: These items can be similar to those in your disaster/emergency kit.

- Food, water, and treats in sufficient quantities should the town's infrastructure be diminished and you are unable to get to the store.
- Sanitation items, such as a litter box and litter or puppy pads, in case an excited or frightened pet has an accident.
- Crates for a cat or a frightened dog to provide the animal with a cozy, secure hiding place to weather the storm.

2. Keep Visible and Current Identification on Pets at All Times

3. Practice Getting the Entire Family to the Tornado Safe Area During Calm Weather

- Train dogs to go to the area on command or to come to you on command regardless of distractions.
- Learn how to quickly and safely secure your pets.
- Know your pets' hiding places and how to safely extricate them.

4. Make Your Tornado Safe Area Animal Friendly

- Eliminate unsafe areas where frightened cats may try to hide.
- Remove dangerous items such as tools or toxic products stored in the area.

5. Have Family and Pet Disaster Kits Available

Keep a kit on hand in case you need to evacuate.

Did You Know:

- ▶ An average of more than 1,000 tornadoes are recorded each year in the United States.
- ▶ Tornadoes have been recorded in every state.
- ▶ Tornado Alley refers to an area including central Texas to northern Iowa and from Kansas and Nebraska to western Ohio.
- ▶ Tornadoes most often occur in the afternoon and early evening.
- ▶ There is no "tornado" season like hurricane season.

(from [NOAA](#))



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