

Pet First Aid/CPR and Safety Course Book© Pro Pet Hero®

*“Become your pet’s best health
ally”*

Created by Arden Moore
Master Certified Instructor



Pro Pet Hero®

www.propethero.com

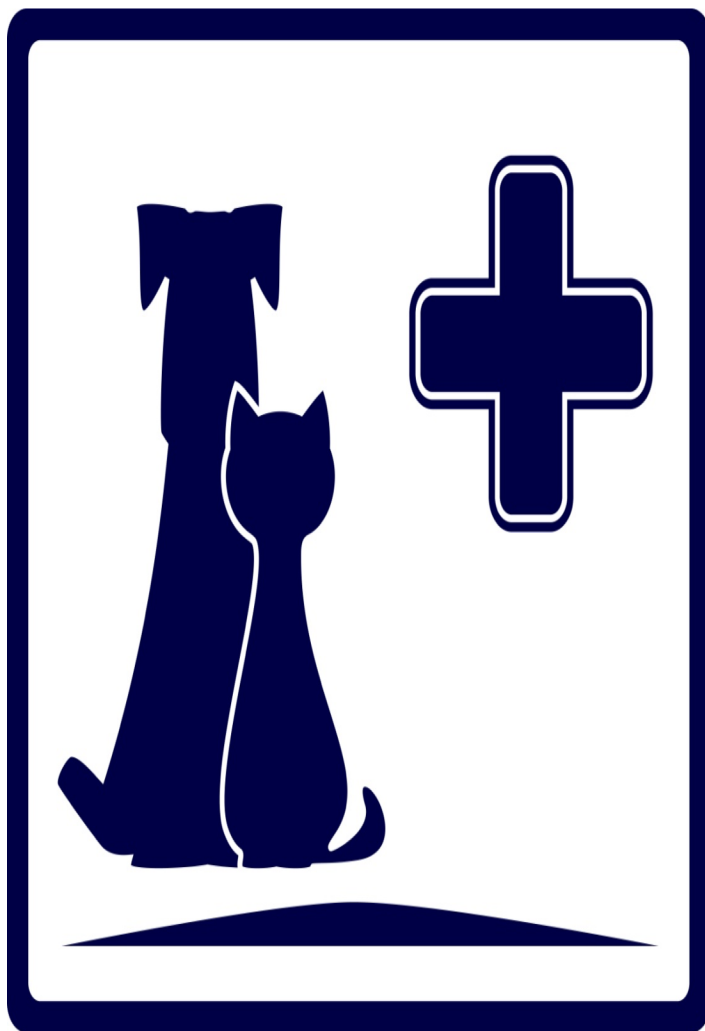
The instructions and contents in this pet first aid/CPR and safety course book are designed to help you provide immediate care for your pet, but are not meant to be a substitute for care provided by a licensed veterinary professional.

If you have questions about your pet's health, seek professional veterinary care immediately.

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Welcome!

As a pet behavior consultant and author of more than two dozen dog and cat books, I knew there was an important part of the pet puzzle missing: knowing what to do – and **what NOT to do** – in a pet emergency when minutes count.

That's what motivated me to take pet first aid classes taught by four different programs. I advanced my training and became a master certified instructor. Since 2011, I have traveled the country to conduct hands-on, veterinarian-approved pet first aid classes to pet parents, professional pet sitters, veterinary technicians, dog walkers, cat behaviorists, boarding kennel staffs, professional pet groomers, humane shelter staffs, rescue group volunteers and yes, even veterinarians!

As the creator of the instructor program for Pro Pet Hero® and founder of Pet First Aid 4U®, I am on a mission: to take away the I-don't-knows and the panic in people seeing their beloved pets injured and replace those crippling emotions with a can-do confidence and set of skills to quickly stabilize and immobilize these pets and transport them safely to the nearest veterinary clinic. We at Pro Pet Hero firmly believe that every pet professional and everyone who has a pet should learn pet first aid/CPR. What sets our program apart from others is that we offer you a veterinarian-approved, certified program that gives you choices: take a class in person, online or through telecasting using Zoom technology.

Our curriculum has been reviewed and approved by leading veterinarians, who include emergency medicine specialists, internists, feline practitioners and house call veterinarians. We strive to stay current, which is why our certificates of completion are valid for only two years. We welcome you back every two years to help you maintain your skills!

Please refer to this course book – use it as your reference guide. Keep it in a handy place. I salute you for investing the time to learn how to be your pet's best health ally!

Arden Moore

Director of the Pro Pet Hero® Instructor Program

Pro Pet Hero® Course Book

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- Cat Wellness Weekly Form
- Dog Wellness Weekly Form
- Your Pet's Vital Signs Form
- Arden Moore's Muttgyver Tips™
- Course Evaluation

Overview



PET FIRST AID DEFINITION: Pet first aid is the immediate care given to a cat or dog who has become ill or injured. In this first step of care, your role is extremely important. Knowing what to do – and what not to do – in a pet emergency could mean the difference between your pet surviving or dying. Every minute counts!

Always remember that any first aid administered to your pet should be followed by immediate veterinary care. First aid care is not a substitute for veterinary care, but it may save your pet's life until he receives veterinary treatment.

Why Learn Pet First Aid?

We identify 5 critical reasons:

1. Replace panic with knowledge and a can-do attitude.
2. Enhance your pet training and handling skills.
3. Save money on veterinary bills.
4. Provide peace of mind to your clients that their pets will be protected under your care – if you are a pet professional.
5. Give your pet a greater chance at a longer, happier and healthier life spent with you!





Be Your Pet's Best F.R.I.E.N.D.



While dogs have been deemed to be man's best friend, there are some mighty loyal cats who adore their favorite people. But friendship should be two-way. We've created an acronym – **F.R.I.E.N.D.** – to help remind you six key ways you can be your pet's best friend:

F – First Aid

You are accomplishing this by enrolling in our pet first aid class. Remember to keep a pet first aid kit in your home and in your vehicle. And keep this course book within easy access!

R – Routine Vet Visits

Book twice-a-year wellness veterinary exams for your pet. These visits can help your veterinarian catch conditions during the early stages when treatment can be less expensive and there is a greater chance for a full recovery.

I – Identification, Please

Just like we must carry a form of ID, usually a driver's license, our pets need to sport IDs at well. We recommend your pet not only have a collar and ID tags that clearly show his name and your phone number, but also have microchip-implanted ID. And keep your contact info current. Increase the chance of a happy reunion should your pet ever get lost!

E – Exercise

Dogs and cats need and deserve regular exercise that stimulates their minds and works their bodies. Pets who participate in purposeful play are less apt to display behavior problems and are more bonded to their pet parents.

N – Nutrition

Think of food as fuel. So what you dish up for our pet should be a high-quality commercial pet food. A recognizable real protein (chicken, bison, salmon, etc.) should top the list of ingredients. Make sure the food is MADE in the US (or Canada) and not simply, distributed here. Measure your pet's meals and clean his bowls after each meal.

D – Dental Care

We urge you to pay attention to your pet's mouth, teeth and gums. Sadly, more than 70 percent of dogs and cats older than 3 have some form of dental disease. Maintain at-home dental care by brushing your pet's teeth, using dental wipes or rinses. Always select dental treats, chews and cleaners that earn the V.O.H.C. seal of approval (Veterinary Oral Health Council).



Wellness Assessment

Dogs and cats come in all sizes, ages and attitudes. Your pet is unique! You need to play pet detective and identify any “clues” that may indicate your pet is not 100-percent healthy. Once a week, invest about 10 minutes and **perform a thorough head-to-tail wellness assessment** of your dog or cat. Tap all your senses. By looking, listening, smelling and safely touching, you can often catch early signs of illness or injury.

Step 1. Time the session. Select a time and place where you and your pet are relaxed and can be together free of any distractions.

Step 2. Start at the head. Examine the nose. It should be slightly moist or dry, not having any discharge or cracks. Use a small treat and test if your pet moves his eyes with the treat. The pupils should be symmetrical and the eyes should be clear and free of any discharge. Check the ears, inside and out and sniff. Ear infections often smell like dirty socks! Gently rub the sides of the muzzle and top of the head to check for any suspicious lumps, cuts or bumps. Look and smell inside the mouth. The breath should not be foul and there should be no signs of swollen or bleeding gums or other dental issues.

Step 3. Assess the neck and spine. With your pet in a sit, gently take your open hands and rotate his neck left and right. Then place one hand on his neck and glide the other hand down his spine all the way to the base of the tail. Note if he winces or if you spot any cuts, bumps or masses.

Step 4. Check the chest area. Make sure your pet’s breathing is smooth, rhythmic and easy.

Step 5. Palpate the abdomen. Gently press with your open palms on your pet’s abdominal area for any signs of pain or sensitivity. Also examine the genitals and make sure the anal area is free of any feces, dirt or hair.

Step 6. Survey the coat. Your pet’s coat should be shiny and clean, and not show any excessive shedding, odor or bald patches.

Step 7. Look at the legs and paws. Support your standing pet with one hand as you gently take your other hand and move each leg back and forth to test his range of motion. Then examine each paw – especially between the toes – for any signs of ticks, foxtails or other foreign bodies. Also check the paw pads to make sure they are not cut or torn and that the claws are not too long or curled back.

Step 8. End with the tail. Some pets have long tails; others have bushy tails, but all tails contain small bones. Use your hand to glide down the tail and look for any pain, limited range of use or cuts.

Final step: Reward your pet with his favorite treat! This will motivate him to be cooperative during your weekly wellness exams. This should be a fun, bonding time for you both!

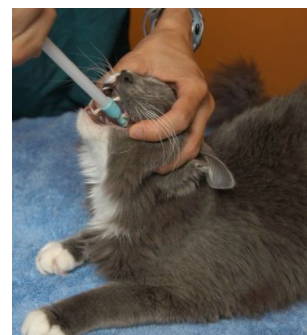
ADDED BONUS! Your pet becomes more comfortable when being touched during these weekly wellness checks. This is apt to make him more cooperative with veterinarians, pet sitters, dog walkers, groomers and other pet professionals.

It's Medicine Time, Kitty!

You take your ailing cat to the veterinarian and feel relieved to hear she'll make a complete recovery. But relief can quickly turn to frustration when you realize her health depends on your giving pills in the prescribed dose at certain times for a specified duration. On the drive home, you re-live previous scenarios when your cat sped from the room or hid under the middle of the bed at pill time or deftly spit out the pill when you weren't looking.

Some cats are difficult to 'pill' because they don't like being restrained or having their mouth opened, or the pill does not taste good to them. Also, cats have shorter faces than dogs, so you can't control them by holding their muzzles.

QUICK TIP: Consult your veterinarian to see if you can split the pill for easier swallowing, use a pill gun or pulverize it without affecting its potency or absorption.



- Step 1.** Before reaching for the pills, put yourself in the right frame of mind. Be patient, but purposeful. Consider using counter conditioning to make your cat comfortable by first opening her mouth and giving her a small treat. She will learn to equate having her mouth open with a positive experience – getting a treat.
- Step 2.** Next, select a location that prevents feline escapes, such as a closed bathroom. Position your cat wrapped in a towel on a bathroom counter with her head facing out and her back against you to provide better control of her head and to limit her movements.
- Step 3.** Place your fourth and fifth fingers behind your cat's skull to keep her from moving her head backward. Sit behind your cat or position her against a wall so that she cannot back up.
- Step 4.** In advance, prepare a syringe with water or tuna juice that will act as a chaser to ensure that the pill or capsule does not get stuck in your cat's esophagus. Place the pill in the pill gun. Tilt your cat's head back and open her mouth.
- Step 5.** Place a tiny amount of canned cat food, tuna or other food that your cat likes on the tip of the pill gun to hide the pill. Insert the pill gun into your cat's mouth and deposit the pill at the back of the tongue.
- Step 6.** Remove the pill gun and quickly close your cat's mouth while continuing to tilt her head up. Massage her throat gently to induce swallowing. Scratch behind her ears if she likes that to make it a positive experience.
- Step 7.** Follow up with a syringe filled with water or tuna juice to ensure the pill has been properly swallowed. Take care to leave your cat's head level when giving this liquid.

It's Medicine Time, Doggy!

You bring your ailing dog to the veterinary clinic where your veterinarian performs a thorough exam. She pinpoints the cause and provides a treatment plan for a full recovery. You experience a sense of relief until your veterinarian hands you a bottle of medicine. She instructs you on the need to give your dog this medicine for a specified number of times a day at a specified dose.

Your dog's complete recovery depends on providing this vital medicine. Medication is prescribed for a certain amount of time. If treatment is shortened, the problem may not be resolved or you may put your dog at risk for other health conditions.

QUICK TIP: Before medicine--giving time, put yourself in the right frame of mind. Be patient but purposeful as your dog can read – and respond – to your emotional state. Create a positive emotional state in your dog by first offering bite-sized treats. Consult your veterinarian in advance about hiding the pill in a soft piece of cheese or a commercial product known as a Pill Pocket. Make medicine time a pleasant experience for your dog.



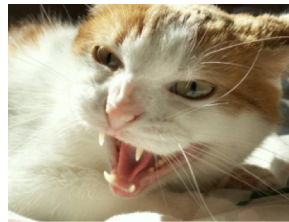
LIQUID-MEDICINE GIVING STRATEGY:

- Step 1.** Prepare the canned cheese or peanut butter (not sugar-free as it contains xylitol) on the outside of the syringe filled with medicine. The treat of choice won't mask the taste, but it will help to put your dog in a cooperative state of mind.
- Step 2.** Keep your dog from wiggling free by positioning his body against you. This also prevents him from backing up. Restrain his head with one hand in a U hold. With the treat on it and the medication inside, insert the syringe into the side of his mouth. Best place is insert the syringe just past the big tooth and two little teeth located on each side of the mouth.
- Step 3.** As your dog focuses on licking the treat, inject the medication into the back of his throat. Remove the syringe and close his mouth so that he can't spit out the medication.
- Step 4.** As soon as he swallows the medicine, follow up immediately with a small healthy treat to reinforce medicine-giving time as a positive experience.

Your Safety Is No. 1!

You may have the sweetest cat or the cuddliest dog, but know this:

Any pet who is in pain can and will bite!



In any pet emergency, the most important person to protect first is YOU! If you rush to aid the pet, you could get hit by a vehicle or bitten by the injured pet. Remember, your pet needs you, so play it safe – for the sake of you and your pet!

FACT: A 10-pound angry cat is as dangerous as a 50-pound dog! Cats have sharp teeth, sharp claws and a flexible spine – and can and will claw and bite rapidly.

Before administering aid to any injured pet, follow these safety steps:

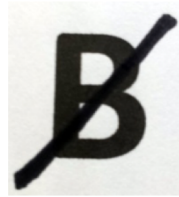
1. **Stop. Focus.** Take a deep breath in and exhale. This only takes a couple seconds, but it puts you in the NOW. Or as Pet Safety Cat Casey declares, “The Me-NOW!”
2. **Survey your surroundings.** Be sure to carefully check your surroundings – front, back and to the side of you. This helps you identify possible hazards between you and your pet (unleashed dogs, downed power lines, home intruders, etc.).
3. **Approach slowly and stay calm and confident.** Always approached an injured dog or cat from the back – never from the front or the belly area as you can unintentionally trigger the injured pet to get into a defensive mode and attack.
4. **Stomp and shout.** If the pet is not moving and appears unresponsive, first call out his name and stomp your feet before touching his body. Pets can go in and out of consciousness, so hearing your voice may help reassure him. Remember, pets tap into our emotional states so speak in a confident tone – no baby talk!
5. **Call for help.** There are many kind people and animal lovers who can assist you when you are performing pet first aid on an injured pet in public. They can help block off traffic and keep away dogs and other distractions so you can safely administer pet first aid.
6. **Protect your fingers.** It is too easy for an injured pet or one who regains consciousness to bite down on a finger. So, whenever handling an injured pet, keep your fingers together. You can quickly sweep away your hand and protect yourself.

3 Pet ER Situations!

When it comes to pet emergencies, they fall into these 3 categories as symbolized by the HEART (having a pulse) and B (breathing):

Cardiopulmonary Resuscitation (CPR):

You discover your pet is unconscious and not breathing. You are not sure whether he has a heartbeat or not. This is the most serious life-threatening situation, and you need to act quickly!



Rescue Breathing

In this situation, your pet has a pulse (heartbeat) but is not breathing. He is unconscious, perhaps due to a head trauma, drowning or electrical shock. You need to breathe for him.

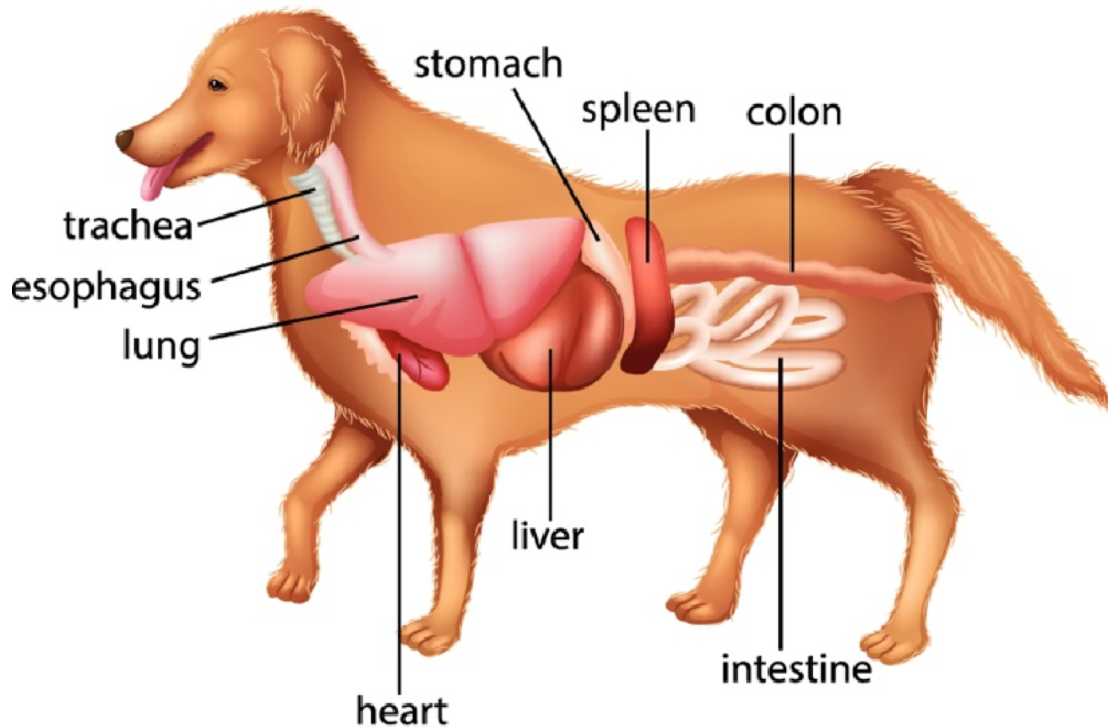


Pet First Aid

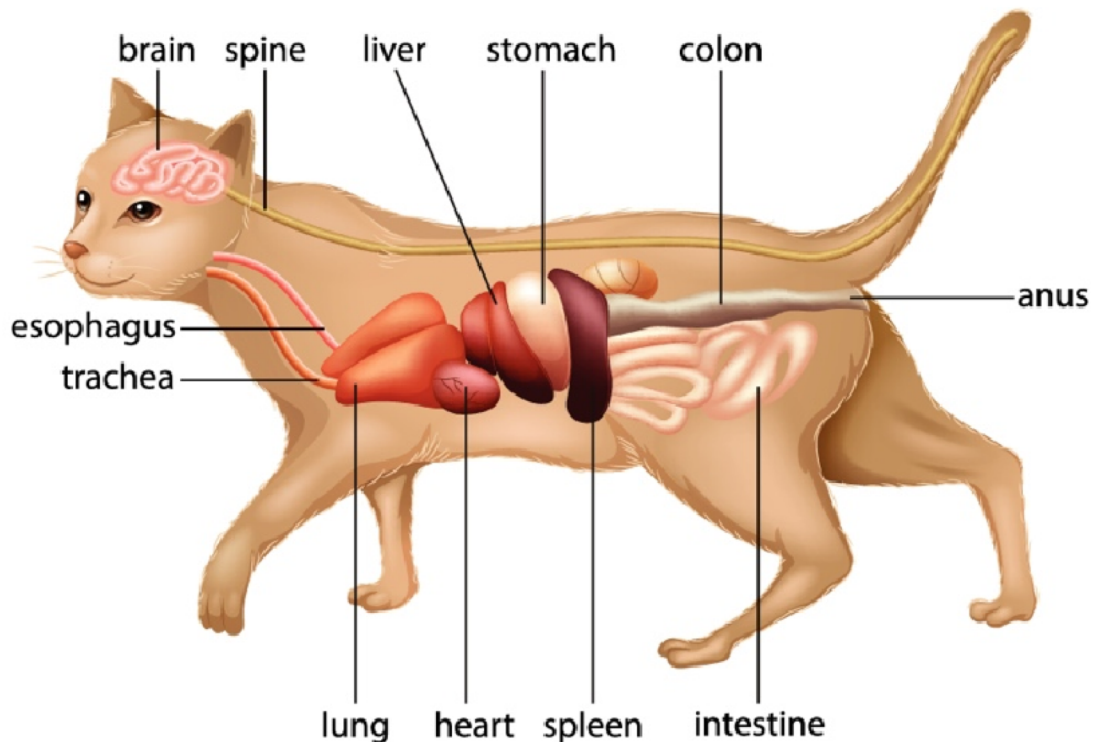
Your pet has a heartbeat and is breathing and may be conscious or unconscious, but is definitely not in a healthy state. He may need first aid for bleeding, bee sting, heatstroke, frostbite or other situations.



Anatomy of a Domestic Dog



Anatomy of a Domestic Cat



Cardiopulmonary Arrest (CPA)

One minute your dog could be playing with a squeaker toy, and then suddenly collapse and stop breathing. Or your curious cat could suffer from shock after chewing an electric cord plugged into an outlet and his heart stops beating.

Upon finding a pet who appears to be unconscious or witnessing a pet suddenly collapse, act quickly. Determine if cardiopulmonary arrest (CPA) has occurred. CPA occurs when the heart has stopped beating and the pet has stopped breathing. Blood flow and delivery of oxygen to the body have ceased. Within minutes of the start of CPA, vital organs begin to develop irreversible damage.

Causes of CPA include:

- **Trauma or electrocution**
- **Exposure to extremely cold or hot weather**
- **Ingestion of toxins**
- **Obstruction of the airway**
- **Heart disease, lung disease and other chronic or sudden onset of diseases.**

IMPORTANT! Cats and dogs are more likely to survive CPA if proper cardiopulmonary resuscitation (CPR) (consisting of chest compressions and rescue breathing) are started as soon as possible – and if pauses in CPR are minimized.

Do not spend a lot of time trying to determine if your unresponsive pet is in CPA. If there is any doubt after 10 to 15 seconds, you should start CPR even if you are not 100-percent sure if the pet has a heart beat or is breathing.

It is more dangerous not to start CPR on a pet whose heart has not arrested. Yes, every minute counts! By providing CPR immediately, you can increase the pet's chance of survival and help[protect vital organs while transporting him to the nearest veterinary clinic.

CPR Formula

30 compressions + 2 mouth-to-snout breaths x 2 and then assess

Pet CPR Basics

To revive your pet, every minute counts. Knowing how to perform cardiopulmonary resuscitation (CPR) is a true life-saving skill. And, CPR is as easy as A, B, C:

A=Airway B=Breathing C=Circulation

Upon finding a pet who appears to be unconscious and is not moving, follow the safety steps: inhale/exhale, survey your surroundings, approach slowly and confidently from the pet's back. Remember, protect yourself for safety sake!

CPR GENERAL GUIDELINES

1. **Check for consciousness.** Kneel behind your pet. Place your hand on your pet's chest (keep your fingers together). Stimulate him by gently shaking him and shouting his name. If he doesn't respond, take a few seconds to touch his chest and determine if the chest is rising and falling. If not, this is an indicator that he is not breathing.
2. **Open his airway.** Open his mouth, pull his tongue out to open his airway.
3. **Examine inside the mouth.** Look for blockages to the airway, such as a piece of toy, rawhide chew or large piece of kibble. Do a finger sweep and carefully remove objects so you do not push them further down his throat. CAUTION! Do not start CPR if your pet responds in any way, such as moving or vocalizing. Also, if he pulls his tongue back or clenches his mouth, don't proceed with CPR or you could get bitten.
4. **Begin CPR.** Each cycle consists of delivering a series of 30 chest compressions at a rate of 100 to 120 per minute followed by two mouth-to-snout breaths. Never attempt to give a rescue breath while performing chest compressions. (See specific directions for delivering CPR for dogs and cats on Pages 16 to 22.)
5. **Check for a pulse.** After 2 cycles, check for a pulse on the femoral artery to determine if you need to continue chest compressions or go to rescue breathing.
6. **Call for help from someone nearby.** Ask the person to get transportation and call the nearest veterinary clinic. Be sure to alert the clinic that this is an emergency situation so the staff can be ready to administer medical care when you arrive. If you are alone, put your cell phone on speaker mode and call the nearest veterinary clinic to let the staff know how far away you are so they can have an exam room ready.
7. **Load the pet safely into the vehicle.** Continue CPR while proceeding to the veterinary clinic.
8. **Continue assessing the pet's vital signs.** Remember, a pet's heart can stop and start, which is why you should ALWAYS assess after each series of CPR or rescue breathing.

CPR Formula

30 compressions + 2 mouth-to-snout breaths x 2 and then assess

ABCs of Dog CPR

REMEMBER! CPR consists of you performing 30 chest compressions, followed by two breaths of air from your mouth directly into your unresponsive pet's nose. Repeat this 30 compressions-two-breaths-of-air sequence before checking for a pulse by placing your two middle fingers directly on your pet's femoral artery located on the inside of his back thigh near the groin.

Your unconscious, non-breathing dog will be on his side. Dogs can collapse on either their left or their right sides.

Dog CPR Steps

1. Kneel on the floor with the dog's back against your knees.
2. Tilt the dog's head to align with his spine and open his airway.
3. Pull out tongue and finger sweep mouth.
4. Place your hand over hand and interlace your fingers with the palm on the dog.
5. Lock your elbows and position your shoulders directly over your hands. Keep your upper body rigid and use your core muscles. Do not slouch forward.
6. Hand placement to perform chest compressions depends on the dog's chest size and shape. Canine chests are round, keel-shaped and flat. (More details on Pages 18-20).
7. Perform 30 chest compressions, making sure to achieve a compression depth between one-third to one-half the width of the dog's chest.
8. Maintain a brisk tempo by singing a song in your head, such as the Bee Gee's "Staying Alive" until you reach 30 chest compressions.
9. Then deliver two breaths of air (mouth-to-snout). Repeat the 30 chest compressions and two breaths of air.
10. Check for a pulse on his femoral artery.

CPR Formula

30 compressions + 2 mouth-to-snout breaths x 2 and then assess

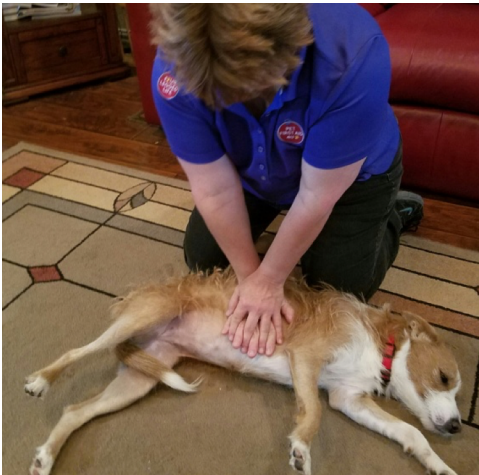
1. Pull tongue forward



2. Finger sweep mouth



3. Do 30 chest compressions



4. Give 2 mouth-to-snout breaths



5. Check femoral artery for pulse



Dog CPR Hand Placement

Hand placement to perform chest compressions depends on the width and depth of the dog's chest. In general, canine chests come in these shapes:

- **ROUND**
- **KEEL**
- **FLAT**
- **SMALL (dogs under 15 pounds)**

Round-Chested Dogs

Round-chested dogs have chests that are equally wide and deep. Breed examples include Rottweiler, Labrador, Golden Retriever, German Shepherd and Pit Bull. With the dog on his side, perform hand-over-hand chest compressions directly over the highest point on his chest.

Keel-Shaped Chested Dogs

Dogs with keel-shaped chests sport chests that are more deep than wide. Breed examples include Doberman Pinscher, Greyhound, Irish Setter, Borzoi and Afghan Hound. Their chests are triangular shape, much like the keel of a boat. With the dog on his side, perform hand-over-hand chest compressions directly over the heart.

Flat-Chested Dogs

Dogs with flat chests have chests that are more wide than deep. Breed examples include Boston terrier, English bulldog, French bulldog and Pug. Place the dog on his back and perform hand-over-hand chest compressions right over the sternum (breastbone).

Small Dogs (under 10 pounds)

Dogs and puppies who weigh less than 10 pounds possess easily compressible chests. Breed examples include Chihuahua, Yorkshire Terrier, Maltese and Shih Tzu. Place the dog on his side. Exercise care not to over compress the chest. Wrap your dominant hand directly over his sternum. Place the thumb of your dominant hand directly over his heart. Point your thumb up toward the spine. Place your other hand along the dog's spine to hold him in place. Do chest compressions by squeezing with your dominant hand. Or use two hands on heart.

Round Chest: Interlaced hands on highest point on chest



Keel Chest: Interlaced hands on heart



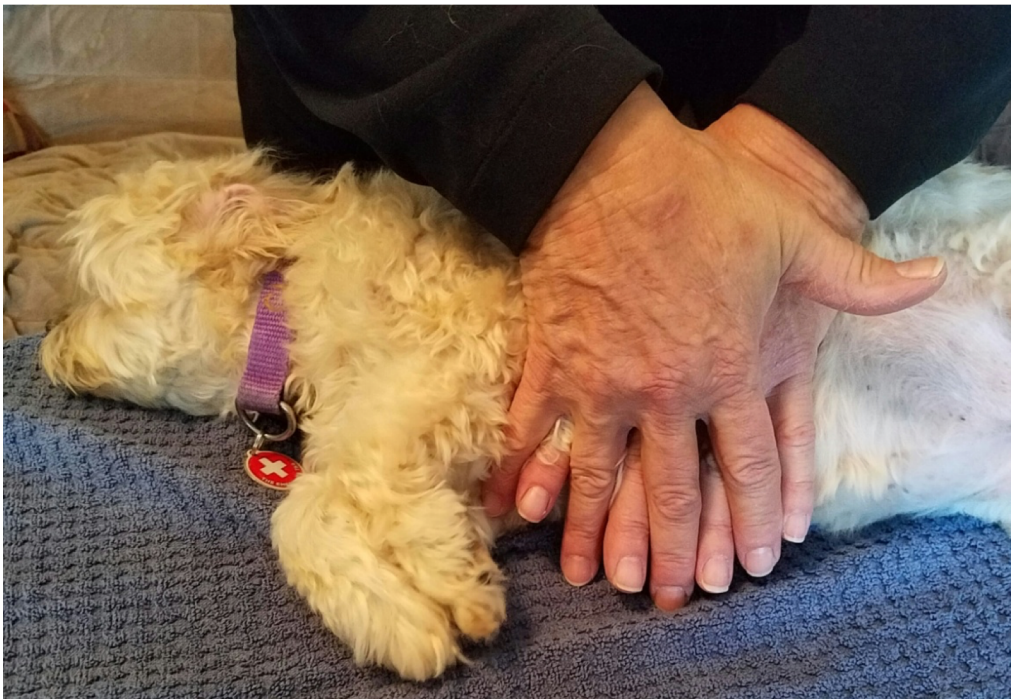
Flat Chest: Dog on back and hands on sternum



Small Dog One-Hand CPR



Small Dog Two-Hand CPR



Cat CPR Hand Placement

Your unconscious, non-breathing cat will be on his side. Cats can collapse on either their left or their right sides.

CPR Steps

1. Kneel on the floor with the cat's back against your knees. Or place the cat on a hard surface, such as a table top or counter.
2. Tilt the cat's head to align with his spine and open his airway.
3. Exercise care so you do not over compress the chest.
4. Wrap your dominant hand directly over his sternum.
5. Place the thumb of your dominant hand directly over his heart.
6. Point your thumb up toward the spine.
7. Place your other hand along the cat's spine to hold him in place.
8. Do chest compressions by squeezing with your dominant hand.
9. Perform 30 chest compressions, making sure to achieve a compression depth between one-third to one-half the width of the cat's chest.
10. Maintain a brisk tempo by singing a song in your head, such as the Bee Gee's "Staying Alive" until you reach 30 chest compressions.
11. Then deliver two breaths of air (mouth-to-snout). Repeat the 30 chest compressions and 2 breaths of air.
12. Check for a pulse by placing your two middle fingers directly on the femoral artery located on the inside of his back thigh near the groin.

SPECIAL INSTRUCTIONS FOR OBESE CATS

If you find that the one-hand technique is not enabling you to compress adequately, switch to using the two-hand technique. Place one hand over the other, interlace the fingers and place them directly over the heart. The heel of the hand should be in contact with the chest.

Cat One-Hand CPR



Cat Two-Hand CPR



Rescue Breathing

Mouth-to-snout breathing brings oxygen into the pet and removes carbon dioxide from his lungs. If the pet **does not** have a heartbeat, perform CPR (30 chest compressions followed by 2 rescue breaths). If the pet **does have a heartbeat** (detected by finding a pulse on his femoral artery), but is not breathing on his own, **perform ONE MINUTE** of rescue breathing. Then assess to determine if you need to perform CPR or simply rescue breathing by checking for a pulse.

Reasons a pet stops breathing include:

- An object blocking his airway (kibble or piece of a chewed toy)
- Head trauma
- Poisoning
- Electrocution
- Drowning

Rescue Breathing Steps

1. Extend the unresponsive pet's neck so his snout is aligned with his spine to keep his airway open.
2. Pull his tongue forward past his canine teeth to further open the airway.
3. Use one hand to firmly hold the pet's mouth closed. This prevents air from leaking out the mouth when you blow into the pet's snout.
4. Place your lips over the pet's nostrils to form an airtight seal.
5. Blow firmly into the nostrils to quickly inflate the chest. Look at the chest to ensure the air is going into the lungs as indicated by the chest rising.
6. Give a second breath within 1 second of the first and after the chest falls.
7. Be careful not to over ventilate! Smaller pets need less breaths of air than larger ones.
8. If the chest is rising and falling, continue delivering breaths for 1 minute. Count out loud by saying, "Breath, chest up and down; 2 chest up and down; 3 chest up and down" until you reach "30 chest up and down" which will be about 1 minute.
9. If the chest does NOT rise, open the mouth and do a finger sweep for a possible blockage in the throat.
10. After 1 minute of rescue breathing, check for a pulse. If no pulse, perform CPR! When in doubt, always choose CPR (30 chest compressions+2 breaths).

Align the head to the spine



Seal mouth and breathe into nostrils



Pet First Aid Handling Tips

Any pet at any time can get injured or sick. Just like us, they do not live in protective bubbles. But you can reduce your pet's risk for injuries and medical emergencies by taking a proactive, preventive stance. And when a pet emergency does occur, you will be prepared!

This section covers some of the common situations that require you to act quickly to stabilize, immobilize and get your pet to the veterinarian pronto!

Safely Restraining and Muzzling Your Injured Pet

When dealing with a conscious animal, remember your safety is No. 1! You need to protect yourself from being bit or clawed.

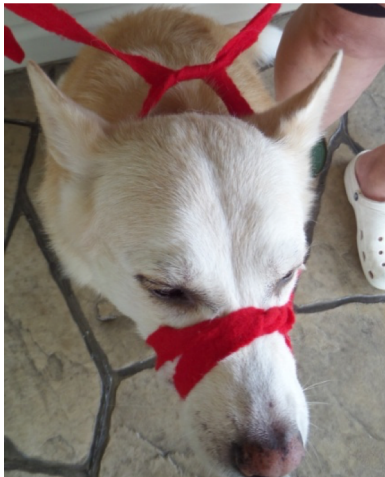
- Always approach with caution.
- Do not make any sudden movements - avoid startling your pet.
- Use the least amount of force necessary. Try to keep your pet comfortable.
- Speaking in a calm, reassuring tone.
- Control your pet's movement.

NEVER MUZZLE A PET WHO IS CHOKING, VOMITING, EXPERIENCING BREATHING PROBLEMS OR WHO IS HAVING A SEIZURE!!!



Muzzling a Dog

If your dog is injured, first restrain and muzzle him to prevent him from biting or injuring you. You can always use a 6-foot nylon leash as a makeshift muzzle. On small dogs, you can use a sneaker shoe lace to keep the dog's jaw from being able to open and bite you. **Follow these steps (left to right, row by row):**



Canine Bite Levels

Designed by Dr. Sophia Yin, Illustrated by Lili Chin*

Level 1 (Pre-Bite)

Snapping (air bite, no contact)



Get help before it progresses to an actual bite. Do not punish these warning signs or the dog may progress to biting without warning. Instead, learn the signs of fear and anxiety that the dog may show prior to this situation and the common human actions that might contribute.

Level 2 (Near-Bite)

Tooth contact on skin but no puncture



This near-bite is concerning even though it is inhibited and has not yet broken skin. Ask yourself what earlier signs (i.e. of fear/anxiety) you missed.

Level 3

3A. Skin punctures, single bite (all punctures shallower than the length of the canine tooth)



Even though the bite may not be severe it is still reportable. Reporting is mandatory if the victim is treated in a hospital. Once your dog has actually bitten at this level (or higher) he will always be considered a liability, even if, with behavior modification he is 99.9% improved.

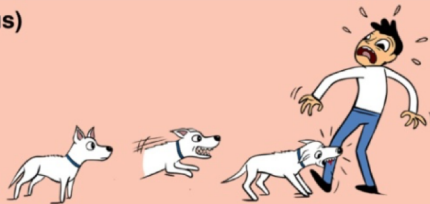
3B. Skin punctures, multiple bites (all punctures shallower than the length of the canine tooth)



Multiple bites generally mean the dog is in a higher arousal state. The dog is reacting without thinking in between bites.

Level 4 (Very Serious)

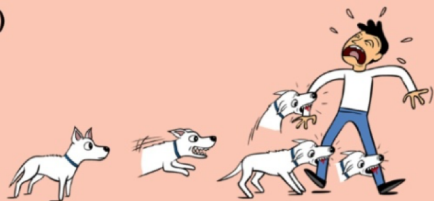
Single bite with punctures deeper than the length of the canine (the dog bit and clamped down) or with slashes in both directions from the puncture (the dog bit and shook his head)



This is a harder bite than a level 3 bite. It's no longer inhibited. Therefore, it represents a much higher liability. This level bite can kill a child.

Level 5 (Very Serious)

Multiple-bite attack with deep punctures, or multiple attack incident



Dogs that bite at this level have generally had practice biting at levels 3 and 4 already. Some dogs are so fearful that a scary event triggers such a high arousal state that they get stuck in a reactive mode and continue to bite.

Level 6 (Death)

Victim killed or flesh consumed



It's important to realize that even little dogs and puppies can kill infants and small children and that death may be due to overly aroused play, rather than viciousness or fear. It's best to seek qualified help before the dog even reaches a level 2 bite.

*These levels are based on the levels developed by Dr. Ian Dunbar

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Dr. Sophia Yin, DVM, MS
The Art and Science of Animal Behavior

For additional free dog bite prevention resources and more



Cat Face Muzzle

Cats possess 5 weapons: a mouthful of sharp teeth that can puncture and claws on each of the four paws that can cause deep scratches. Cats are also extremely agile. They can quickly twist their flexible spines and attack if injured. Never approach an injured cat face to face. You risk being injured, even hospitalized for cat scratch fever.

When your cat is happy and healthy, practice putting on the face mask muzzle and wrapping him in a large bath towel. Do this in an enclosed room, like a bathroom, away from distractions. Make it a pleasant experience for your cat. Always praise and give treats to reinforce this desired behavior. This way when a real emergency arises, your cat is more apt to accept being restrained.

CAT FACE MUZZLE:

This fits over your cat's face with a hole for his nose to enable him to breathe easily. The Velcro straps attach in the back of the neck. For many cats, when they cannot see any perceived threats, they tend to calm down.



Towel Wrapping a Cat

Every pet first aid kit should include a large bath towel. Never scruff your cat by the back of the neck because you put him in a defensive fighting mood. Towels provide more of a therapeutic hug to many cats. Also, you can do routine tasks, like nail trimmer. **Follow these steps (left to right, row by row):**



Cat Towel Wrap Option 2

This towel wrap option enables you to secure the cat by blocking his view, locking his front elbows and pressing his back end against you. This technique is ideal to place a cat in a top-sided carrier or to give medicine.



Weather Hazards

Dogs and cats who go outside can be exposed to extreme temperatures. They can suffer from heat stroke (hyperthermia) as well as frostbite (hypothermia). It is our responsibility to make sure they are protected against weather hazards.

HEAT STROKE (Hyperthermia)

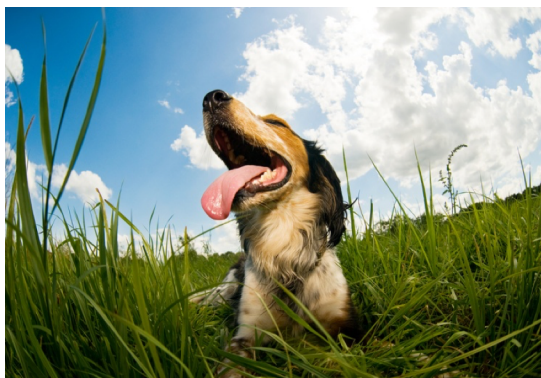
The healthy temperature range for a dog or cat is 101 to 102.5 degrees Fahrenheit. When body temperatures rise above 103 degrees, the pet is at risk for heat stroke. Pets left in confined spaces with little or no ventilation (such as a crate next to a sunny window), overexerted by running on hot days or left inside parked cars when outside temperatures rise above 70 degrees, can suffer heat stroke.

WARNING SIGNS:

- Excessive panting
- Dehydration
- Bright red gums
- Rapid heart rate
- Foaming at the mouth
- Acting drunk (in a stupor)
- Vomiting
- Loss of consciousness

ACTION PLAN:

1. Remove your pet from direct heat.
2. Place his paws in cool water. NEVER USE ICE WATER! You risk shocking his system. Ice water will cause your pet's veins to contract and shrink. Dogs and cats do not sweat like we do through skin pores. They sweat through their paw pads.
3. Wrap his torso in a cool, wet towel.
4. Monitor his vital signs.
5. Immediately transport him to the nearest veterinary clinic – CALL AHEAD!



Cold Weather Hazards

When the temperature drops, especially below freezing (32 degrees Fahrenheit), your pet can be at risk for these two conditions: frostbite plus ice and/or rock salt cutting paws.

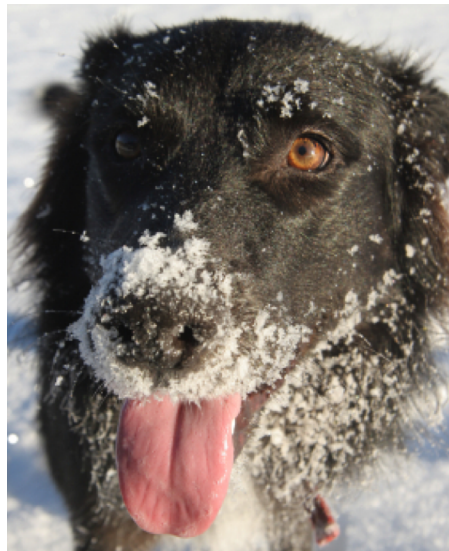
Prolonged exposure to low temperatures can result in frostbite, which is defined as the freezing of skin and tissue. Frostbite usually occurs in the areas farthest from the pet's heart (source of heat): the ears, paws, tail and scrotum.

WARNING SIGNS:

- Blue-colored gums
- Swollen skin that is red and painful to the touch
- Hard and/or pale skin
- Affected areas can look black and dead in advanced stage

ACTION PLAN:

1. Remove your pet from direct cold.
2. Apply a warm compress to the affected area. NEVER USE HOT WATER! You can shock his system.
3. Wrap him in a dry towel or inside your coat (for small pets).
4. Hug but NEVER RUB your pet to try to warm him up. You can cause more damage to the frostbitten area and cause more pain.
5. Monitor his vital signs.
6. Immediately transport him to the nearest veterinary clinic – CALL AHEAD!



Treating Burns

The 3 main types of burns are **chemical, electrical and thermal**, which are caused by hot objects. First-degree burns affect the skin superficially and cause discomfort. Second degree painfully penetrates several underlying layers, and third-degree burns injure all layers of the skin and can result in shock.

Cats who counter surf during food preparation, chew on exposed electrical cords or brush up against burning candles are all at risk for burns. Pink-nosed, light-colored cats who seek sunny spots outdoors for prolonged naps are also vulnerable – another reason to keep cats inside.

Dogs who remain underfoot during food preparation, bask for hours in a sunny back yard or walk on hot asphalt pavement are all at risk for burns.

VETERINARY ALERT! Don't be fooled if your pet doesn't display signs of pain immediately after a burn. You may not be able to distinguish first- from second- or third-degree burns. In fact, a first- or second-degree burn may be more painful initially than a third-degree burn, as the nerves have been burned and will not be painful until the overlying skin sloughs off and the underlying tissue and nerve endings are exposed. Burned pets should be evaluated by a veterinarian.

ACTION PLAN:

- For cats, use a bath towel or pillowcase to safely restrain and avoid being bitten or scratched. Don't wrap him too tightly in a towel because he can overheat en route to the veterinary clinic. For dogs, safely restrain with a muzzle to avoid being bitten.
- Gently apply cool clean water to the burn using a damp cloth as a compress. Avoid wetting more than one-quarter of the body at any time to prevent hypothermia and never use ice cubes on the burn site for the same reason.
- Alert the staff at the nearest veterinary clinic that you are on the way so an extra room will be ready to treat this medical emergency.

DO NOT:

- Attempt to apply a gauze pad or gauze wrap on the burn site because gauze can disrupt a blister if one forms.
- Never place ice cubes on the burn site to cool it. You can inadvertently cause hypothermia – excessive loss of your pet's body heat.
- Apply over-the-counter first-aid burn ointments formulated for people on the wound because some pets, especially cats, are sensitive to ingredients in these products.
- Dab or pour vinegar or lemon juice or any other substance to try to neutralize a chemical burn. You can cause a heat-producing, exothermic reaction, which can cause more tissue damage.

HOT SPOT CARE: These are inflamed areas on the skin caused by a pet excessively licking, biting or scratching the skin. Shave the area. Clean it with warm water. Apply a pet-safe topical. Fit your pet in a medical recovery collar to prevent access. See a veterinarian if the problem persists.

Treating Bleeding

If your dog or cat steps on broken glass, catches his back nail in the carpet or has his tail bitten in a fight, expect blood to flow. Witnessing any of these scenarios can be jarring, but at times like these you need to know the steps to slow or stop the bleeding and take him to the nearest a veterinary clinic. You have an emergency on your hands.

A laceration of a large artery or vein could lead to life-threatening bleeding in minutes. A pet who **loses 30 percent of his blood** can develop serious shock. Signs of shock include pale gums, a fast heart rate and a weak pulse. The likelihood of a pet's "bleeding out" depends on how quickly he's treated and the type of bleeding that has occurred.

THREE BLEEDING TYPES:

1. Arterial, characterized by spurting, bright red blood. This is the most life-threatening .
2. Venous, characterized by a slower flow of dark-red blood.
3. Capillary, characterized by superficial blood oozing, such as a nick in the tip of the ear.

ACTION PLAN:

- **First**, protect yourself by restraining and muzzling your dog. Or use a nylon leash, bandana or even sleeves from a sweatshirt to secure your dog's mouth closed. For cats, place on a face muzzle. Feline nylon muzzles come in three sizes and fit over the face, covering the eyes, and fastening at the back of the neck with Velcro.
- **Second**, apply direct pressure on the wound by using sterile gauze pads. If no sterile gauze is available, a clean towel, T-shirt or any clean fabric will work.
- **If blood saturates the first layer** of gauze or clothing, apply another clean layer on top and apply direct pressure. Do not remove the first layer because the blood is clotting and you risk causing further injury to the healthy skin surrounding the wound. You may need to apply several layers and direct pressure to slow or stop the bleeding. Then wrap a roll of gauze around the wound and secure it with medical tape.
- **For severe cuts** on the leg or foot, gently raise the leg so that it's above your pet's heart to slow the flow of blood and reduce blood pressure in the injured area. In arterial bleeding, it is critical to apply pressure on the main artery located nearest the wound with your hand for about 45 seconds. Dogs and cats have femoral arteries on the inside of each thigh. Brachial arteries are on the inside part of the upper front legs, and the caudal artery is located at the tail near the back.



Head, Legs and Torso Bandaging

HEAD BANDAGING GUIDE

A head wrap is used to stop bleeding from a pet's ears.

- Use long strips of gauze or tear strips from a T-shirt or bed sheet.
- Wrap the strip completely around the pet's head, gently pushing the ears to the side of the head.
- Avoid tightly wrapping as you can unintentionally cut off the airway.
- Never cover the pet's eyes with the bandages as this can heighten anxiety and fear.
- Once the bandage is in place, tape the front edges and include hair in the tape to reduce slippage.
- Monitor the pet's face regularly to make sure the head is not swelling or there are no breathing difficulties.

LEG BANDAGING GUIDE

For bleeding wounds on limbs, try to cover with a gauze pad.

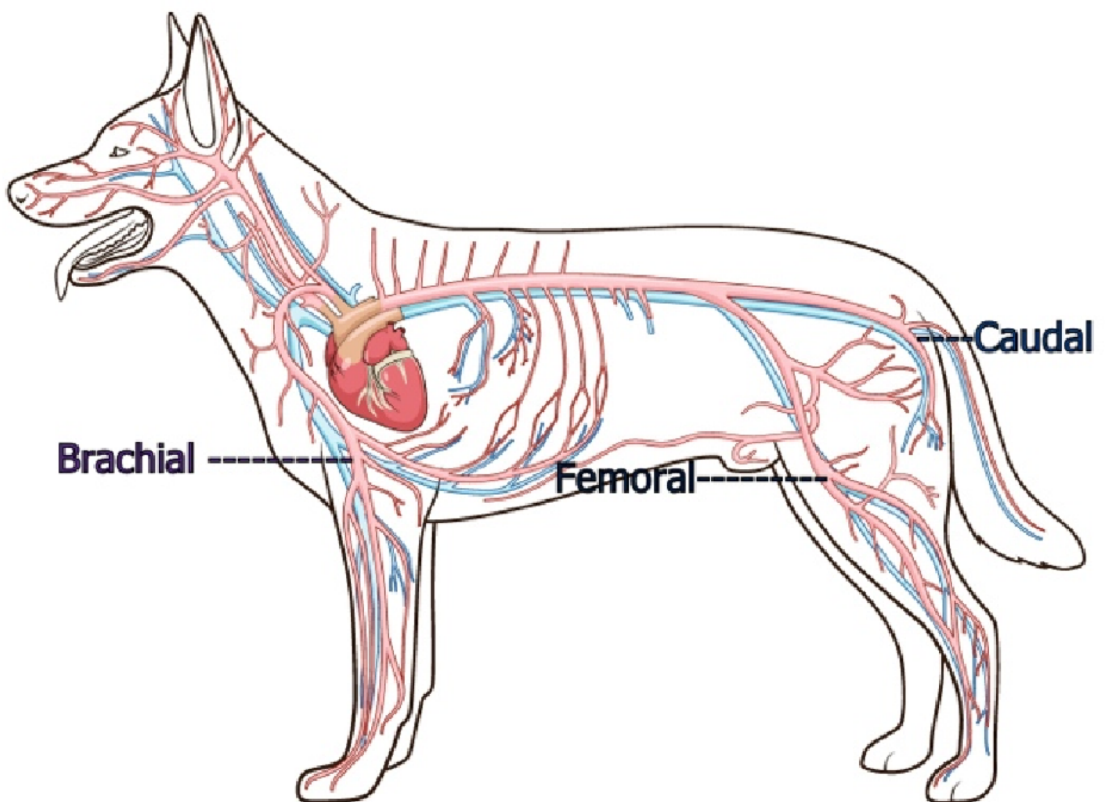
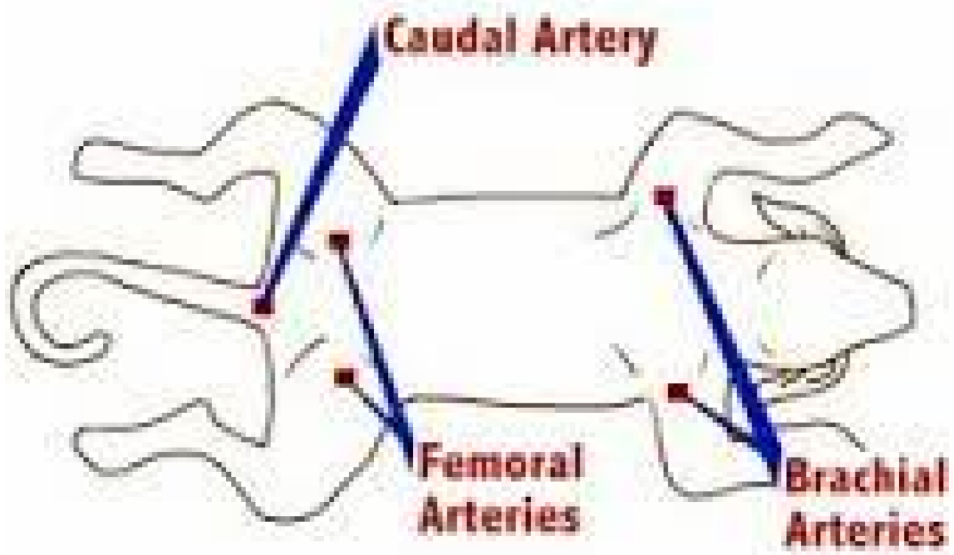
- Apply layers of rolled cotton gauze around the leg.
- Next, apply layers of stretch gauze.
- Make sure that the bandage wrap is not too tight as to cut off circulation to the leg.
- Monitor to make sure the bandage is on snugly and not slipping off.
- Check the toes for any signs of swelling or coldness – indicators that the bandage is on too tight.

SEVERE ABDOMINAL WOUNDS

If a dog or cat has suffered abdominal wounds due to an attack, vehicular collision or other cause, lightly wrap it around the torso to cover exposed organs and reduce blood flow.

Then place the injured pet on the wound side in the vehicle. This position adds more pressure to the wound site.

BONUS TIP: Any break in the skin can open access for bacteria, viruses, other pathogens (dirt, grass, saliva) so once bleeding has stopped, gently wash wound with warm water and apply a sterile, water-based lubricant in the wound before applying bandage or gauze. **NEVER use hydrogen peroxide** on wounds as it will kill healthy tissue and slow down healing.



Treating Choking

Far too many dogs investigate their worlds by putting objects into their mouths. Some gobble down large amounts of dry food. Both scenarios can cause dogs to choke. Cats are three times less likely to choke because they are more selective about what they put in their mouths. But some cats can start to choke if they eat dry food too quickly or they accidentally swallow string or earrings.

In both instances, witnessing your pet get into a wide-legged stance, start to cough, gasp for breath and thrust his head forward can be frightening. His gums can turn pale or blue. He may paw at his mouth. That's why it is vital to know the proper action to take to keep your pet safe.

THREE TYPES OF CHOKING:

- Conscious – Your pet is awake and is coughing or gagging.
- Unconscious – Your pet is not awake and is not breathing due to something blocking his airway.
- Witnessed unconscious – You see your pet choking and then collapse and become unconscious.

ACTION PLAN FOR CONSCIOUS CHOKING:

1. Confine your pet in a room and remove distractions (other pets, children, etc.)
2. Monitor his choking. He may be able to get the object out himself.
3. Intervene when his cough or gagging turns to a high-pitched wheeze known as a **stridor**. This signals a partial blockage.
4. For medium to large dogs, straddle and using open palms placed on each side of his chest, perform chest thrusts inward and downward. Think of how a fireplace bellow works. Your goal is to push it down or pop it up. For cats and small dogs, place them head down between your knees and do down/in chest thrusts.
5. If the object comes out, grab it, place it in a plastic baggy out of pet's reach. You don't want him to attempt to eat it again – and choke again.
6. Monitor his behavior. If he swallowed the object, take him to the veterinary clinic. He may need surgery to remove something obstructing his airway or intestinal tract.

ACTION PLAN FOR WITNESSED UNCONSCIOUS CHOKING:

1. Repeat the first two steps from above.
2. When you see him collapse and become unconscious, note the time.
3. Immediately open his airway by taking your hand to extend his head and neck back.
4. Open his mouth. Use your fingers to pull his tongue past the canine teeth to further open his airway.
5. Look inside his mouth for any signs of objects causing the blockage.
6. Create an airtight seal on his mouth and give one breath from your mouth into his snout. If it goes cleanly through (you see his chest rise and fall), then repeat. If the breath does NOT go in, reposition his head and try another breath. If that fails, begin CPR.

ACTION PLAN FOR UNCONSCIOUS CHOKING:

You may come home and find your pet on the floor and unconscious, You do not know what caused this but you need to act quickly by performing CPR. (30 chest compressions, 2 mouth-to-snout breaths, repeat and then assess by checking for a pulse at his femoral artery). Call the nearest veterinary clinic and bring him ASAP. If safe to do so, continue CPR in the vehicle (in the back seat) while a friend drives you to the clinic.

Choking Hazards

Here is a rundown of some everyday items that a far-too curious dog (or cat) can swallow and cause choking:

- Baby bottle nipples
- Balls (tennis, rubber)
- Buttons
- Cell phone
- Corn cobs
- Dental floss
- Diapers
- Fish hooks
- Food wrappers
- Game pieces
- Jewelry
- Rawhide chews
- Refrigerator magnets
- Rocks
- Sewing supplies
- Shoelaces
- Socks
- Squeakers from plush toys
- Sponges
- Sticks
- Tampons
- Tinsel
- Underwear
- Yarn

Pet Heimlich Options

For small dogs/cats with airways partially or completely blocked by an object you can retrieve from their mouths:

Stand and hug your pet with his back touching your stomach. Hold him with one arm around his upper abdomen. Make a fist with your other hand and thrust inward and up three to five times to try to dislodge the object. Give rescue breaths.



For medium and large dogs: Stand behind your dog and place both arms around his waist. Interlock your hands and make a fist. Place your thumbs against the spot beneath the ribcage and thrust inward and upward three to five times. Give rescue breaths.



Broken Bones and Sprains

An overly playful pup can break or sprain his leg by leaping too high in the air for a Frisbee and crash on the concrete. Your otherwise agile cat can suffer a limb injury by leaping from the top of the refrigerator and landing awkwardly on the kitchen floor. Or your pet can suffer a fracture from being struck by a car or being hit by a hard object.

Two main types of fractures:

- * **Closed:** The skin over the bone fracture remains intact. (Also known as a simple fracture.) Only X-rays at the vet clinic can confirm if this is a simple fracture or sprain.
- * **Open:** The skin over the fracture area is open and the bone is exposed. (Also called a compound fracture.) Do NOT attempt to bandage or splint an open fracture as you risk trapping bacteria and infection in the limb.

Sometimes, it can be difficult to distinguish if your pet sprained a limb or suffered a closed fracture when your pet lifts his limb to avoid bearing weight on it.

ACTION PLAN:

1. Restrain and muzzle your pet to avoid being bitten because your pet is in pain.
2. Limit his movement to avoid further injury to the limb.
3. Immobilize the limb as it is found by placing wooden paint stirrers (or popsicle sticks) as splints on the top and underside of the limb and then cushioning the site with folded newspaper, magazine or bubble wrap. Then place “stabilizers” (paint stirrers, popsicle sticks or emery boards) on the top and underside. Wrap and tie in a bow using rolled gauze, a triangular bandage or bandana. Always tie in a bow, not a knot so the wrap can be quickly removed by a veterinary professional.
4. If you have your pet first aid kit handy, wrap the limb using rolled gauze and a triangular bandage.
5. Monitor your pet’s vital signs for any signs of shock or other injuries.
6. Use towels, blankets or Ikea blue bags as a temporary gurney to stabilize, lift and carefully transport your pet to the nearest veterinary clinic (call ahead).

DO NOT ATTEMPT TO R



OPEN FRACTURE!

Treating for Shock

Shock is a life-threatening condition triggered when there is a plunge in oxygen and blood flowing into internal organs. A dog or cat who loses up to 40 percent of blood volume can go into shock. Untreated, a dog or cat can go into cardiac arrest and die.

COMMON CAUSES:

- Severe allergic reaction
- Bloat (stomach twists, causing air to become trapped inside)
- Severe blood loss or blood infections
- Electrocutation (chewing on power cords)
- Ingests or inhales poisons (such as carbon monoxide from gas leaks)
- Severe trauma (struck by a car or head injury from a blunt object) – internal bleeding (blood pools in the abdominal or chest cavity)

WARNING SIGNS:

- Gums turn pale
- Weak pulse
- Cool paw pads and limbs
- Woozy acting
- Becomes unconscious

ACTION PLAN:

1. Control bleeding to prevent further drop in blood flow and oxygen to the organs.
2. Perform CPR/rescue breathing if pet is unconscious and you can't find a heart beat and pulse.
3. Keep the pet warm by covering him with a coat, towel or blanket.
4. Stabilize the pet, especially if there are any broken bones or injuries to the spinal column.
5. Safely transport him to the nearest veterinary clinic. (Call ahead!).



Treating Poisoning

Poisons take many forms, but all are dangerous when exposed to your dog or cat. Your pet could eat a poisonous plant or food, be stung by a bee or bitten by a venomous snake, ingest rat bait or pool chemicals, swallow a household cleaner or walk on lawns just treated with insecticides. Reduce your pet's risk by keeping toxic substances out of access.

WARNING SIGNS:

- Vomiting/diarrhea
- Excessive salivation
- Difficulty breathing
- Muscle tremors
- Excitability and rapid heartbeat
- Seizures and possible loss of consciousness

ACTION PLAN:

- Make sure your pet's breathing is normal and not labored.
- Limit his movement in the room by wrapping him in a towel or holding him to prevent the spread of the toxin in his body.
- Try to identify the poison. Collect a sample inside a plastic resealable bag to bring to the veterinary clinic.
- Do not attempt to induce vomiting using 3-percent hydrogen peroxide without permission from a veterinarian. It is important to know what substance your pet swallowed. If your dog, for example, bites into the batteries of your TV remote, pouring hydrogen peroxide in his mouth would cause caustic burns on his esophagus.

USING HYDROGEN PEROXIDE:

If your veterinarian tells you to induce vomiting based on the suspected substance causing the poisoning, use hydrogen peroxide at a rate of 1 tablespoon per 15 pounds of your pet's weight. Use a plastic syringe to insert it in his mouth. Repeat this about 10 minutes after the first vomiting episode. Never give more than 2 doses. Get your pet to the vet!

FINAL TIP: Contact your veterinarian or call the 24-hour Pet Poison Helpline (1-800-213-6680) or the ASPCA APCC hotline (1-88-426-4435). Both are staffed by veterinary toxicologists.

And join ER Veterinarian Dr. Mike LoSasso by joining his safety campaign:

www.preventingpetpoisoning.org.



Types of Poisons

One of the most surprising – yet dangerous – poisonous substances to your pet is sugar-free gum and mints. They contain **xylitol**. If ingested by your pet, it can cause severe low blood glucose, seizures and even liver failure. Keep those items out of paw's reach!

Also be aware of pennies minted since 1982. They contain zinc. This penny can be fatal if swallowed. This metal is dissolved by stomach acids and slowly poisons your dog. Keep pennies in closed jars and never leave loose change on counters reachable by your pet.

Common Household Poisons

Acetaminophen
Alcoholic beverages
Antifreeze
Batteries
Bleach
Deodorants
Detergents and fabric softeners
Disinfectants
Fertilizers and insecticides
Furniture polish
Laxatives
Nail polish
Paint
Sleeping pills
Snail and slug bait
Suntan lotion
Toilet bowl cleaners
Turpentine
Windshield wiper fluid
Wood preservatives

Daffodils

Elderberry

Rhododendron

Common Poisonous Plants

Amaryllis
Sago Palm
Avocado
Boxwood
Caladium
Lilies
English Ivy
Fox Glove
Holly
Hyacinth
Marigold
Marijuana
Mistletoe berries
Oleander
Philodendron
Poinsettias
Tulips

FOR A COMPLETE LIST OF POISONOUS PLANTS AND PRODUCTS, PLEASE VISIT:

Pet Poison Helpline at www.petpoisonhelpline.com or call 855-764-7661.

Bee and Wasp Stings

If your cat or dog gets stung by a bee or a wasp, don't panic. In most instances, there will be mild swelling or tenderness in that area. If the sting site is swollen and a little puffy, it is considered a localized reaction to the sting. In more severe cases, a pet's eyes and muzzle will swell shut, his ears will get fat and his skin will sport hives or welts.

ACTION PLAN:

- First, try to remove the stinger as quickly as possible to slow down the spread of the venom in your pet's body. The stinger can pump venom into a pet for up to three minutes after being separated from the bee. If the stinger is visible in the coat, use a credit card to scrape it out. Never attempt to squeeze the stinger out with tweezers because the venom sac may rupture, further exposing your pet to more venom.
- Limit your pet's movement to slow the spread of the venom throughout his body.
- Immediately apply cool compresses to the sting site to reduce mild swelling. Run a washcloth under some cool tap water. Place a cool wet compress on the site. Never use an icy cold compress because you can cause your pet to shiver and go into shock.
- Monitor your pet and look for any severe allergic responses that will surface within 10 minutes after being stung or bit.
- Your veterinarian may advise you to give an over-the-counter antihistamine, such as Benadryl. Keep the medication in your pet first aid kit.

CAUTION!!! Select an antihistamine that contains only one ingredient: **diphenhydramine**. Never give your pet any products that also contains acetaminophen, used to alleviate pain and fever. It can cause a toxic reaction in your cat and dog. Also avoid OTCs that contain cherry flavoring meant for children. Your veterinarian will advise you on the proper dosage.

Take your pet to the vet (CALL AHEAD) if he displays these allergic reactions:

- The area around the sting site balloons in size.
- His gums turn white or light grey.
- He starts to drool and vomit and may even develop acute diarrhea.
- He starts having difficulty breathing.
- He acts confused and wobbles when he attempts to walk.

Without prompt veterinary care, your pet can plunge into anaphylactic shock and even die.



Ticks and Spiders

It doesn't matter if you live in a cold or hot climate, on either coast or in America's heartland; ticks pose a year-round threat to cats, dogs – and you. The sad reality is that there are more than 800 types of ticks capable of transmitting more than a dozen types of diseases, some lethal.

As soon as the tick attaches itself to your pet, the bacteria start to reproduce in the area surrounding the bite. Pathogens pour into the bloodstream and symptoms begin that can even include paralysis.

TICK REMOVAL GUIDE:

- Wear rubber gloves to avoid putting yourself at risk for contracting any tick-transmitted disease by touching the tick.
- Use the right tick-removal tools: fine-tipped tweezers or a tick-removal tool. Never use nail polish, petroleum jelly or worse, a hot match. These are ineffective and can actually cause the tick to emit more of its disease-carrying saliva into your pet.
- Part the hair on your pet's coat to better locate the entire tick. Use the tweezers or tick-removal tool. Grab the tick by its head and steadily pull the tick away from your pet's skin.
- Dispose of the tick properly by dropping it into a bottle of isopropyl alcohol and tightly seal the bottle. Alcohol kills ticks. Never drop the tick into the toilet because ticks have air sacs that enable them to survive in water.
- Dab an antiseptic on your pet's skin where the tick was removed. Wash your hands thoroughly with warm, soapy water and rinse.

SPIDER DANGERS

A spider bite can cause painful swelling and redness at the site of the bite. The most dangerous to pets are the black widow and the brown recluse. Take your pet to the veterinarian immediately if he shows any of these severe reactive signs:

- Drooling
- Vomiting/diarrhea
- Difficulty breathing
- Seizures

TREATMENT PLAN FOR MILD SPIDER BITES:

- Make a paste of baking soda and water and apply it directly on the bite site.
- Apply calamine lotion to relieve the itching.



Snakes and Skunks

On a hike, your dog either steps on a snake or tries to attack it and gets bitten. Or your indoor cat stalks and tries to kill a snake that has slithered into your home. Your pet needs you to be calm and focused, and render pet first aid immediately. He may appear weak, salivate excessively, act nervous, vomit and have convulsions. Be aware that a snake's bite can contain more than one type of toxin and can cause paralysis, tissue damage, red blood cell destruction and cause the heart to stop. This is a major medical emergency that requires immediate veterinary care!

ACTION PLAN:

1. Take a photo of the snake with your cell phone, if you can do it quickly and safely to help identify if the snake is venomous or non-venomous. Do not attempt to kill the snake – you could be bitten!
2. Quickly immobilize your pet by restricting movement. Do this to slow down the spread of venom inside his body.
3. Remove his collar in case the bite causes neck swelling.
4. Monitor his vital signs and treat for shock, if necessary.
5. Contact the nearest veterinary clinic and alert them you are en route so they can have an exam room ready.

Not all clinics stock anti-venom, so your pet may be hospitalized and treated with antibiotics, intravenous fluids and other measures to combat any symptom that presents itself.



SKUNK SPRAY

If your curious cat or dog encounters a skunk and gets sprayed in the eyes, rinse his eyes with pet-safe eye wash and saline solution. And to get rid of the odor on his coat, first put on a pair of rubber gloves. Then mix 1 quart of 3% hydrogen peroxide with ¼ cup of baking soda and 1 teaspoon liquid dishwashing soap. Thoroughly wet your pet's coat and then apply this solution while it is still bubbling. Leave on this solution for a few minutes before rinsing. You may need to repeat this to completely get rid of the foul skunk odor.

CAUTION: Do not pre-mix this solution and let it set because it will have a chemical reaction and explode! You can also buy a commercial brand of de-skunk formula at your pet supply store.

Take Your Pet to the Vet If...

Even if you were successfully able to revive your dog or cat, he still needs to be assessed by a veterinarian for these 12 situations:

1. Arterial bleeding
2. Massive trauma to head, abdomen or chest
3. Broken leg or fractured ribs
4. Deep cuts, bites and puncture wounds
5. Snake bites
6. Poisoning
7. Shock
8. Bloat
9. Unconscious
10. First-time seizure or prolonged episode
11. Unable to walk
12. Difficulty breathing

TIP: Keep contact info of your primary veterinarian and nearest ER veterinary clinic in your cell phone, glove compartment and posted on your refrigerator for quick access!



Pet First Aid 4U Recommended Pet First Aid Kit Contents

Be prepared! Always keep a pet first aid kit in your home and in your vehicle. Pack a mini-one when you are on a hike or outing with your dog. Include:

Oral syringe	Sharpie pen and notepad
Tweezers	Towel/blanket
Blunt-end scissors	Non-latex disposable gloves
Eye dropper	Flashlight
Quick-read rectal thermometer	Wooden tongue depressors
Cotton swabs/balls	Spare white sock
Sneaker shoelaces	Mylar emergency blanket
Gauze rolls	Antimicrobial ointment
Gauze pads	Sterile saline eyewash
Triangular bandages	Styptic powder or Clot It
Self-cling stretchy bandages	Photo of you with your pet
Adhesive tape	Instant cold compress
Sting relief pads	Rubbing (isopropyl) alcohol
Tick-removal comb	Hand sanitizer bottle
Hydrogen peroxide 3%	Muzzle
Plastic resealable bags	Spare nylon leash, harness
Pet-safe antihistamine (diphenhydramine)	Copy of your pet's medical records

