PET FIRST AID KIT CHECKLIST
Keep a kit of basic first aid supplies for the pets in your household. Many of the items in a family first aid kit can be used for pets, too.

- IMPORTANT PHONE NUMBERS (veterinarian, emergency clinic, poison control, animal control, non-emergency police)
- A copy of your pet’s MEDICAL RECORD
- DIGITAL FEVER THERMOMETER to take your pet’s temperature
- MUZZLE to prevent bites (DO NOT muzzle your pet if he/she is vomiting)
- SPARE LEASH AND COLLAR
- GAUZE ROLL for wrapping wounds or muzzling an injured animal
- CLEAN TOWELS for restraining cats, cleaning or padding
- NONSTICK BANDAGES OR STRIPS OF CLEAN CLOTH to control bleeding or protect wounds
- SELF-ADHERING, NONSTICK TAPE for bandages
- ADHESIVE TAPE for securing bandages
- EYE DROPPER (or large syringe without needle) to give oral treatments or flush wounds
- K-Y JELLY (or generic version) to protect wounds, eyes
- MILK OF MAGNESIA OR ACTIVATED CHARCOAL to absorb poison (Use only if instructed to do so by your veterinarian or a poison control center)
- 3% HYDROGEN PEROXIDE to induce vomiting (Always contact your veterinarian or poison control center before inducing vomiting; do not use hydrogen peroxide on wounds.)
- SALINE SOLUTION for cleansing wounds (Saline sold for use with contact lenses works well for most purposes.)
- LOCATION OF PET CARRIER (for cats and small dogs)

in a small area to reduce the risk of additional injury. Pet carriers work well, or you can use a box or other container (but make sure your pet has enough air). For larger dogs, you can use a board, sled, blanket or something similar to act as a stretcher.

• Call your veterinarian or an emergency veterinary clinic so they can be ready for you when you arrive.

IF YOUR PET’S WOUND IS BLEEDING
• Apply direct pressure with a clean towel or cloth for at least 3 minutes before checking to see if the bleeding has stopped.
• Severe bleeding can quickly be life-threatening—get your animal to a veterinarian immediately if this occurs. Add towels on top of previous layers if they are soaking through, but do not remove them as it may disturb any clot formation.

IF YOUR PET IS BURNED
• Apply a muzzle and flush the burn with cool (not cold) water. Seek immediate veterinary care.

IF YOUR PET HAS HEATSTROKE
• If you cannot immediately get your pet to a veterinarian, move him/her to a shaded area and out of direct sunlight.
• Place a cool or cold, wet towel around your pet’s neck and head (do not cover your pet’s eyes, nose or mouth). Remove the towel, wring it out, then rewet and rewrap it every few minutes.
• Pour or use a hose to keep cool water running over the animal’s body (especially the abdomen and between the hind legs). Then, use your hands to sweep the water away as it absorbs the body heat.
• Transport the pet to a veterinarian as soon as possible.

IF YOUR PET IS BITTEN BY A SNAKE
• Assume the snake is poisonous and seek veterinary attention immediately. Try to identify the snake if it can be done without risk, do not attempt to capture or kill the snake. Do not bring the snake into the veterinarian’s office – a photograph will do.

For more information, visit:
www.avma.org/firstaid
Animal Poison Control Center
aspca.org/pet-care/animal-poison-control
IF YOUR PET IS CHOKING
- Choking pets have difficulty breathing, paw excessively at their mouths, make choking sounds when breathing or coughing, and may have blue-tinged lips or tongue.
- If your pet is injured, he/she is likely in pain, scared, and confused. Be careful to avoid getting hurt, bitten or scratched.
- Never assume that even the most gentle pet will not bite or scratch if injured. Pain and fear can make animals unpredictable or even dangerous.
- Don’t attempt to hug an injured pet, and always keep your face away from its mouth. Although this may be your first impulse to comfort your pet, it might only scare them more or cause them pain.
- Perform any examination slowly and gently. Stop if your pet becomes more agitated.
- Drive carefully to the veterinary clinic. Panicked or out-of-control driving puts you and your pet at risk.

IF YOUR PET IS INJURED
- If possible and safe, try to stabilize injuries before moving an injured animal by splinting or bandaging them. Keep in mind, however, that a poorly applied bandage or splint can do more harm than good; if in doubt, leave the bandaging/splinting to professionals.
- If there is a foreign body in the wound, do not remove it. If possible, have the following information available:
  - Name/description of the substance that is in question; the involvement
  - Species, breed, age, sex, weight and number of animals involved
  - Symptoms
  - Name/description of the substance that is in question; the amount the animal was exposed to; and how long it’s been since your pet ate it or was exposed to it.

IF YOUR PET IS POISONED
- IF YOUR PET HAS NO HEARTBEAT
  - Do not begin rescue breathing until you’ve opened the pet’s airway and started rescue breathing.
  - Gently lay your pet on its right side on a firm surface. The heart is located on the left side in the lower half of the chest, just behind the elbow of the front left leg. Place one hand underneath the pet’s chest for support and the other hand over the heart.
  - For dogs, press down with quick, firm pressure to depress the chest one inch for medium-sized dogs. Use more force for larger animals and less force for smaller animals.
  - For cats and other small pets, cradle your hand around the animal’s chest so your thumb is on the left side of the chest and your fingers are on the right side of the chest, and compress the chest by squeezing it between your thumb and fingers.
  - Press down 80-120 times per minute for larger animals and 100-150 times per minute for smaller ones (less than 25 lbs).
  - Alternate the chest compressions with the rescue breaths: perform chest compressions for 4-5 seconds and stop long enough to give one rescue breath.
  - Continue until you can hear a heartbeat and your pet is breathing regularly, or you have arrived at the veterinary clinic and they can take over the resuscitation attempts.

IF YOUR PET IS INJURED
- If you know or suspect your pet has consumed something that may be harmful, call your veterinarian, emergency veterinary clinic or the Animal Poison Control Center (888.426.4435 – available 365 days/year, 24 hours/day; a consultation fee applies) immediately.
  - If possible, have the following information available:
    - Species, breed, age, sex, weight and number of animals involved
    - Symptoms
    - Name/description of the substance that is in question; the amount the animal was exposed to; and how long it’s been since your pet ate it or was exposed to it.

MY PET’S EMERGENCY INFORMATION
- Owner’s name:______________________
- Phone:______________________________
- Pet’s name:__________________________
- Breed:______________________________
- Age (or year of birth):____________________
- Sex: M F Neutered/Spayed? Yes No
- VETERINARY CLINIC
- Veterinarian Name:____________________
- Address:____________________________
- Phone:______________________________
- Directions from home:____________________
- Animal Poison Control Center: 888-426-4435
- Animal control phone:____________________
- Non-emergency fire department phone:____________________
- Non-emergency police phone:____________________
- Animal control phone:____________________

EMERGENCY CLINIC
- Name:______________________________
- Address:____________________________
- Phone:______________________________
- Directions from home:____________________
- Animal Poison Control Center: 888-426-4435
- *there may be a fee for the call