

Paws Of The Rockies Animal Hospital

1538 East Harmony Rd, Unit C2 Fort Collins, CO 80525
970-226-0963

PET FIRST AID KIT FOR TRAVELING

- **Leash**
- **Muzzle** - “Just in case”. Even the nicest pets may bite out of fear or pain.
- **Antiseptic wash (betadine, chlorhexidine 0.5%)** - Use to clean wounds.
- **Triple antibiotic ointment** - Apply to a clean wound to help prevent infection.
- **Sterile non-stick wound pads** - Use as the initial bandage material to cover a wound.
- **Stretch bandage** - Use to wrap around the wound pads to hold it to the wound.
- **Bandage tape** - Use to hold the stretch bandage more securely to the fur.
- **Clotting powder** - Use to stop a bleeding toenail.
- **Vaseline packet** - Use to lubricate thermometer, rub on paws in winter to prevent ice ball buildup.
- **Tweezers** - Use to remove foreign bodies from the skin, or to remove ticks.
- **Scissors** - Use to cut bandage materials, remove objects pet has become tangled in.
- **Plastic digital thermometer (rectal)**
- **Reusable cold pack** - Use in hyperthermia to cool body temperature or to ice sore areas
- **Disposable gloves**
- **Collapsible water bowl**
- **Solar blanket**
- **Regular medications your pet may be taking.** This is important to prevent lapses in medication if your trip ends up taking longer than expected, etc.

These are items that can fit easily in any backpack.

FOR A HOME KIT USE THE ABOVE PLUS:

- **Cotton balls and/or swabs**
- **Hydrogen peroxide** - Can be used to induce vomiting if needed.
- **Sterile Eye wash** - Used to flush out eyes and great for flushing all wounds.
- **Benadryl (diphenhydramine 25mg)** - **check with your vet for proper dosing**
- **Cast padding** - Apply on top of a non-stick wound pad.
- **Gauze (stretch or pads)** - Wrap around the cast padding to hold it together. Stretch bandage goes over this. It can also be used to fashion a muzzle.
- **Paperwork** - Animal health record (particularly vaccine status), allergies, animal poison control numbers, regular veterinarian and emergency veterinarian phone numbers and office hours.

OBTAINING VITALS IN YOUR PET

1) Obtaining a Pulse Reading

- In the groin area, more specifically, in the middle of the inner portion of either leg just below its junction with the abdomen.
- Along the groove formed by the trachea and the muscles of the neck.

2) Obtaining a Respiratory Rate

- Simply observe the rise and fall of the ribcage as your pet breathes.
- Rest your hand on your pet's abdomen to feel the rise and fall as your pet breathes.

3) Normal Values

	Temperature (F)	Pulse	Respirations
Dog	99.5-102.5	60-120	12-22
Cat	100-103.2	80-140	20-30

WHEN DEALING WITH EMERGENCY SITUATIONS

- Don't panic!
- Assess your surroundings, including environmental hazards as to not put yourself at serious risk.
- Contact the veterinary hospital, notify them of the situation and get first aid advice.
- Keep your pet warm, as quiet as possible, and keep movement to a minimum, especially if there is possible trauma, broken limbs, etc.
- Get to a veterinary hospital as soon as possible, but drive carefully!
- **MAKE SURE YOU HAVE VETERINARY AND EMERGENCY NUMBERS HANDY AT ALL TIMES!**

COMMON EMERGENCIES IN PETS

1. Bleeding Wounds (Hemorrhage):

- Apply direct pressure over the source of the bleeding using any absorbable material or object available. The bandage should be tight enough to keep the dressing in place, but not so tight as to interfere with circulation. For minor bleeding, maintain pressure with your hand for a full 5 minutes. For major bleeding, secure a compress tightly over the wound with gauze, belt, panythose, or necktie and seek veterinary help immediately.
- If all other efforts fail, place a tourniquet above the hemorrhage point, just tight enough to significantly reduce the flow of blood. If a tourniquet is used, it must be loosened every 10-20 minutes to minimize tissue damage.

2. Vomiting, Hemorrhagic Gastroenteritis (diarrhea with blood)

- Vomiting and/or diarrhea accompanied with any lethargy, loss of appetite, or change in demeanor should be seen by a veterinarian immediately.

3. Bites, Fight Wounds

- Clean with cool water and seek veterinary attention. Although the surface of the wound may appear clean, the teeth trap bacteria deep in the wound upon penetration. This type of wound should be flushed by your veterinarian and antibiotics would be prescribed to avoid infection.

- If your pet is bit by a rattlesnake, the venom causes damage to vital tissue and destroys red blood cells. Bites that occur on the head, neck, tongue, or torso are more serious than bites on the extremities. Bites are most toxic in the spring, following hibernation.

* Keep your pet as calm as possible to prevent rapid spread of venom throughout the bloodstream. If possible, carry them.

* Carefully affix tight pressure compress directly over the site of the bite

* Do not apply tourniquet, do not incise the skin, and do *not* try to extract the venom.

* **Seek veterinary care immediately.**

4. Circulatory Shock

- Shock is a life threatening situation often associated with trauma and other serious medical disorders in animals. **Prompt veterinary care is essential for survival.**

- **Symptoms:**

* Rapid heart rate

* Weak, thready pulse

* Cold, pale mucous membranes
(gums, lips, under eyelids)

* Dry, shriveled tongue

* Weakness

* Stupor or unconsciousness

* Panting

* Body temperature below normal

5. Breathing Difficulties, Choking, and Chest Wounds

- Transport to a veterinarian immediately.

- **Symptoms:**

* Coughing

* Gagging

* Wide-base stance with head and neck extended

* Open-mouth breathing

* Pale or purple (cyanotic) gums and mucous membranes

* Forceful expansion and contraction of ribcage

6. Allergic Reactions

- Allergic reactions can occur following administration of medications or vaccines, exposure to chemicals and environmental irritants, or snake and insect bites. Symptoms can show up minutes to hours following exposure. Severe allergic reactions often appear seconds to minutes after exposure and can be quite serious.

- **Symptoms:**

* Breathing difficulties

* Hives

* Protracted vomiting

* Swelling of face or site of reaction

* Shock

* Collapse, loss of consciousness

7. Urinary Tract Obstruction

- Urinary crystals and stones can create a life-threatening obstruction to urine outflow. This is more likely to occur in male cats, rather than females, as the urethra of the male is much narrower than that of the female; but it can happen in female cats, as well as dogs of both sexes.

- If a urinary obstruction is not relieved promptly, death can result due to the toxin buildup within the bloodstream, kidney failure, and/or ruptured bladder or urethra.

- Symptoms:

- * Frequent attempts at urination with minimal or no results.
- * Bloody urine
- * Panting
- * Painful while urinating
- * Enlarged, painful abdomen
- * Vocalization
- * May appear constipated

8. Gastric Dilation-Volvulus (GDV) Complex

- Commonly referred to as “bloat”, GDV is a serious, life-threatening disorder that usually affects large, deep-chested breeds. Regardless of the size and age of the dog, death can quickly ensue if the condition is not recognized and treated.

- Prompt veterinary treatment, possibly including surgery, is necessary to save the life of the pet.

- Symptoms:

- * Distended, bloated abdomen
- * Excessive salivation
- * Abdominal pain
- * Weakness
- * Unproductive vomiting (“dry heaves”)
- * Rapid breathing
- * Restlessness
- * Shock

9. Automobile Injury

- Make sure your pet has a clear airway but do not put your hand in its mouth if your pet is conscious. Cover wounds with the cleanest material available. Handle your pet with care, supporting its body as much as possible. Carry it in a blanket, box, or cage to the veterinary hospital.

- Even if your pet appears uninjured, it is best to seek veterinary care. Internal injuries can often go undetected without proper veterinary treatment.

10. Heat Stress or Stroke

- Unfortunately, most cases of heat stroke in dogs and cats are due to owner neglect: pets left in cars; pets kept outdoors or overexerted without adequate shelter, shade, and/or water. Obesity and/or poor conditioning can predispose pets to heat stroke.

- Place your pet in a tub of cool (not cold) water. Seek veterinary care immediately. Transport your pet wrapped in a cool (not cold), wet towel. Cold packs wrapped in towels can also be used.

- Symptoms:

- * Elevated body temperature, often above 105 degrees Fahrenheit
- * Rapid respiration (excessive panting)
- * Bright red gums
- * Thickened saliva
- * Obvious signs of distress

11. Accidental Poisoning

- If the poison came from a container, read and follow the label directions concerning accidental poisoning. Be sure to take the label and container with you to the veterinarian.

- Symptoms:

- * Vomiting
- * Depression or hyper-activity
- * Panting
- * Muscle tremors
- * Diarrhea
- * Abdominal pain
- * Drooling
- * Bleeding

* Seizures

* Loss of consciousness

- Common Sources of Poisoning:

- * Antifreeze
- * Over the counter medications (i.e. aspirin, acetaminophen, ibuprofen, and naproxen)
- * Prescription medications
- * Rat, snail, roach, and predator poisons
- * Food (chocolate, salt, etc)
- * Frogs, toads, salamanders
- * House plants (see the following list of some of the common toxic plants)

- Poisoning in which vomiting should NOT be induced:

- | | |
|-----------------------------|------------------------------|
| * Bathroom cleaners | * Glues and adhesives |
| * Drain cleaners | * Laundry bleach |
| * Dry-cleaning fluids | * Metal cleaners |
| * Fire extinguisher fluids | * Oven cleaners |
| * Fuel (gas, oil, kerosene) | * Paint and varnish removers |
| * Furniture polish | * Rust removers |

- To induce vomiting if none of the above materials have been ingested:

- * Use 5 mL (1 teaspoon) of hydrogen peroxide per 5 lbs of body weight, given by mouth.
- * Do not exceed 3 teaspoons in one dose.
- * It may take up to 20 minutes to induce vomiting, so be patient.
- * A maximum of 3 doses can be given before stopping.
- * Keep a sample of the vomit for testing.
- * Contact your veterinarian right away.

COMMON PLANTS THAT CAN BE HAZARDOUS TO PETS

Aloe	Amaryllis	Asian Lily
Azalea	Bulb plants in general	Calla Lily
Clematis	Cycads	Daffodil
Daylily	Dragon Trees	Easter lily
Elephant Ears	English Ivy	Eucalyptus
Ferns	Gladiolas	Heavenly Bamboo
Hyacinth	Hydrangea	Iris
Lilies (all Lilium species)	Lily of the Valley	Narcissus
Oleander	Peace Lily	Philodendron
Poinsettas	Rhododendron	Schefflera
Tulip		

**For a more comprehensive list of plants, or more specific details on hazardous plants, visit www.aspc.org/pet-care/poison-control/plants/
Or call ASPCA Poison Control: 1-888-232-8870**

When buying plants for yourself or a loved one, it is always best to ask the florist if they are toxic to pets. Florists have this information and will share it if asked. This one simple question could prevent a lot of trouble in the long run!