



## **CPR and First Aid for Dogs & Cats**



Pets are members of the family, so of course you'd want to be prepared to help them in emergency situations! This course will cover some core topics to be prepared to help your cats and dogs through some common emergency situations.



# What's normal?

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## Lesson Objectives

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It will be easier to recognize what is abnormal for your pet if you first become familiar with what is normal. In this section we'll cover some basic ways to check your pet's vital signs, so you can confidently identify any abnormalities.

After this lesson, you will be able to:

- Understand basic baseline vital signs for your pets
- Determine if there are any abnormalities in your pet's vital signs that could be a concern



# Breathing - What's normal?

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## Breathing Rate

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Your pet's breathing rate can help in determining if there are any respiratory abnormalities

In order to determine your pet's breathing rate, watch your pet and observe how many times their chest rises and falls in one minute.

- **Dog** normal breathing rate: 10-30 breaths per minute, or up to 200 pants per minute (breathing with mouth open and tongue out)
- **Cat** normal breathing rate: 20-30 breaths per minute



Compared to humans: we breathe about 12-20 breaths per minute.

# Is it Shock? What's normal?

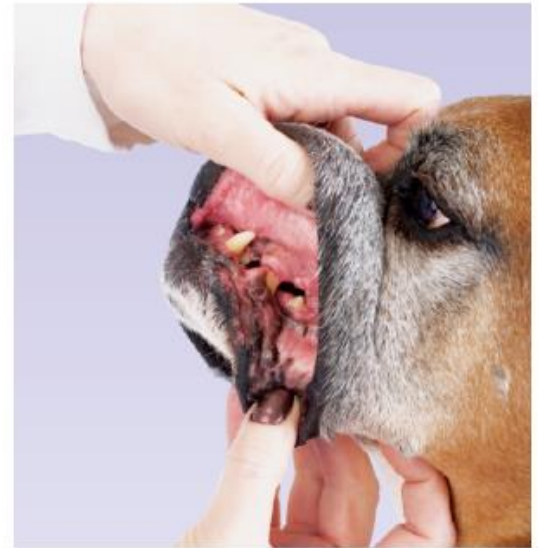
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## Capillary Refill

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Capillary Refill Time (CRT) is used to assess your pet's circulation. In order to test it for yourself, press your finger against your pet's gums with a finger and release the pressure. For cats and dogs it should take anywhere from 1 to 2 seconds to return to its normal pink color.

A prolonged CRT may indicate your pet may be in, or going into, shock.



# Dehydration

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## Dehydration

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Dehydration is a common condition that should be taken seriously. Some causes of dehydration include not eating or drinking, vomiting, diarrhea, and increased urination. If left untreated severe dehydration can cause serious organ damage and even death. You can determine if your pet is dehydrated by pulling up on the skin between their shoulder blades. Upon letting go, the skin should spring right back in place. If it stays tented this can be a sign of dehydration.

*Note - older animals' skin may stay tented for a bit longer as they lose elasticity in their skin with age*



# Temperature - What's normal?

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## Temperature

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Typically, an elevated temperature can be indicative of infection or inflammation, and can signify serious health issues.

Apply water-based lubricant or petroleum jelly to a digital thermometer, and gently insert the instrument into your pet's rectum (just below the tail). When the thermometer beeps, remove the instrument and read the number.

Normal body temperature for both cats and dogs can be between 99.5-102.5 degrees Fahrenheit.



# Heart Rate & Pulse - What's normal?

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## Heart Rate and Pulse

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Checking Heartbeat	✓
Checking Pulse	
Normal Heart and Pulse Rates by Pet	



You can feel your pet's heartbeat at the point where their left elbow touches their chest (about the fifth rib).

Lay down your pet on their right side and place your hand over this area to feel and count heartbeats.



## Heart Rate and Pulse

Checking Heartbeat



Checking Pulse



Normal Heart and Pulse Rates by Pet



You can check your pet's pulse rate by laying them down and touching your middle and index fingers to the inside of their upper hind leg. Lift the leg away from the lower hind leg, and place your two fingers as high up as possible, just where the leg meets the body wall; this recess is where the blood vessels run, and where you'll find the pulse.



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## Heart Rate and Pulse

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Checking Heartbeat



Checking Pulse



Normal Heart and Pulse Rates by Pet



Heart rates outside these ranges could signal an emergency:

**Puppy (less than 1 year old)** - 120-160 beats per minute

**Small breed dog** - 100-140 beats per minute

**Medium to large breed dog** - 60-100 beats per minute

**Cats** - 160-220 beats per minute

# What's normal?

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## Mucous Membrane

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Your pet's mucous membranes are the inner cheeks and gums. Pull back your pet's lips and examine their gums.

A healthy mucous membrane would be pink and moist. If the gums are pale, white, or any other color, this can be indicative of serious health issues and emergencies, in which you should seek immediate professional care. Dry, sticky or tacky-feeling gums are indicators of dehydration.



# CPR for Dogs & Cats

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## Cardiopulmonary Resuscitation (CPR)

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Cardiopulmonary Resuscitation, or CPR, is used to help your pet by trying to preserve blood flow to the brain and heart. When done properly, CPR may help your pet survive longer in emergency situations until professional help can be given to your pet. CPR should only be delivered after determining that your pet is not breathing properly and has no circulation by checking their ABC's.



# CPR for Dogs & Cats

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## Performing CPR

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### Follow the ABC's

Open the pet's airway and check to see if there is a foreign object blocking the airway, which would need to be removed.

If the pet's airway is clear, check for breathing and a pulse. If you cannot find breathing or a pulse after 15 seconds, begin to perform CPR with chest compressions.

# ABCs of CPR for Dogs & Cats

## Airway:

With the pet on its side, tilt the head back, pull the tongue out, use your finger to check for a foreign object in their throat. Move your finger in a sweeping motion, so as not to push foreign objects further back into the throat (See Choking).

## Breathing:

Rescue Breaths are used when your pet is not breathing and needs assistance in getting oxygen. Check to see if the pet is breathing. If not then begin rescue breathing:

- Gently close the pet's mouth and extend the neck to open the airway
- Cover the nose with your mouth and exhale until you see the pet's chest rise.
- Give a rescue breath over 1 second.

## Check Circulation:

If your pet's heart has stopped beating, you need to start chest compressions.

NOTE: If pulse is present, but no breathing, begin ***Rescue Breathing*** (GENTLE one-second breaths, one every 2-3 seconds).

# CPR for Small Dogs & Cats

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## Performing CPR

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### **Chest compressions – Cats and Small dogs (less than 15 pounds)**

- One-handed technique: Wrap your hand around the sternum at the level of the heart with your thumb on the up side and the rest of the fingers underneath.
- Two-handed technique: Place one hand over the other, with the heel of the hand directly over the heart. Lock the elbows, your shoulders should be above the hands. Compress 1/3 to 1/2 the width of the chest. Make sure the chest fully recoils before compressing again.

# CPR for Med-Large Dogs

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## Performing CPR

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### **Chest compressions – Medium-Large Round chested dogs**

*Retrievers, German Shepherds, Rottweilers, etc.*

- Place one hand over the other, with the heel of the hand should be placed on the highest or widest part of the chest. Lock the elbows, your shoulders should be above the hands. Compress 1/3 to 1/2 the width of the chest. Make sure the chest fully recoils before compressing again.



# CPR for Med-Large Deep Chested & Flat Chested Dogs



## **Chest compressions – Medium-Large Deep, narrow, keel chested dogs**

*Greyhounds, Dobermans Pinschers, etc.*

- Place one hand over the other, with the heel of the hand directly over the heart. Lock the elbows, your shoulders should be above the hands. Compress 1/3 to 1/2 the width of the chest. Make sure the chest fully recoils before compressing again.

## **Chest compressions – Barrel, flat chested dogs**

*Boston terriers, Pugs, French Bulldogs, etc.*

- Place the dog on its back. Place one hand over the other, with the heel of the hand on the highest part of the sternum. Lock the elbows, your shoulders should be above the hands. Compress 1/3 to 1/2 the width of the chest. Make sure the chest fully recoils before compressing again.

# CPR - Ratio

## **Perform cycles of 30 compressions and 2 rescue breaths**

- Perform chest compressions at a rate of 100-120 per minute
- Gently close the pet's mouth and extend the neck to open the airway
- Cover the nose with your mouth and exhale until you see the pet's chest rise
- Give a rescue breath over 1 second

## **Briefly check for a heartbeat and spontaneous breathing every 2 minutes**

Continue CPR until you reach a veterinary hospital

# Choking – What to do

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## Choking

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Choking occurs when either food or toys have gotten stuck inside your pet's throat and is obstructing airflow. This can quickly become fatal if your pet is unable to start breathing again soon.

Signs that your pet may be choking include anxiousness, acting frantic, lack of breathing, bluish or white gums, loud or struggled breathing, and pawing at their mouth.



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# Treating Choking

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The goal in treating choking is to remove any foreign objects that may be lodged in your pet's throat.



Open the mouth and pull the tongue forward; sweep insides with your finger to dislodge an object if your pet allows. Be cautious not to get bitten if your pet is frantic

- Be careful not to push the object back further

**Perform 5 rapid abdominal thrusts, lifting inward and upward**

- Stand behind or lift the dog with their spine against your chest
- Wrap your arms under their ribs
- Make a fist with one hand, and place your other hand over it
- Deliver abdominal thrusts

**If the object does not come out, suspend the pet by the hips with the head hanging down**

- If they are too heavy to hold, lift their hind legs
- Use the palm of your hand to give 5 sharp blows between their shoulder blade
  - After each step, check the mouth for the object if it has not come out.
  - If your pet has stopped breathing, give rescue breaths on your way to the veterinary hospital
  - Monitor the heartbeat and start chest compressions if necessary



**NOTE:** If pet is choking on string or thread, do NOT pull.

# First Aid Basics



**CAUTION DO NOT ENTER**

- Make sure the scene is safe; you can't help your pet if you become injured too
- Harness, leash and muzzle the pet if it is safe to do so for them
- Make sure there's no other animals in the area
- Make sure there's nothing else that might harm you or your pet

# Cuts, Wounds and Bleeding

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## Bleeding

There are two types of serious bleeding. Arterial bleeding, characterized by rhythmically spurting blood, is more rapid and profuse and therefore more difficult to stop. Venal bleeding is slower may be less profuse. It is much easier to stop and less dangerous (unless a large vein is involved).



**Apply direct pressure using gauze over the bleeding site.**

If blood soaks through, apply more gauze.

Direct pressure is the safest way to stop bleeding until you can reach a veterinary hospital.

# Bleeding



**If blood is spurting, hold the area just above the wound with your hand.**

If it is flowing heavily, but not spurting, hold the area just below the site. Hand positions may help close off the blood vessels.



**Wrap gauze or other soft material around the wound.**

Secure with tape.



# Bleeding



## Check for swelling

Check repeatedly for swelling above and below the bandage, which indicates your bandage is too tight and you need to loosen it.



## Elevate the wound if the leg does not seem to be broken.

Continue to apply direct pressure.

# Bleeding

**Take your pet to the vet immediately.**

Once the wound has been secured, a veterinarian's assistance is required to make sure the wound is taken care of to heal properly.

# Abrasions

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## Abrasions

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Abrasions—scrapes to the skin's top layers—can be shallow and heal easily or large and more serious. Your dog may lick or scratch the area, which may appear red or ooze blood.

To care for an abrasion, follow these steps:

1. Apply a sterile, water-soluble lubricant and clip hair around the wound with grooming clippers. The lubricant will keep hair from contaminating the wound while you shave the area.
2. Flush and wash the wound with warm water or saline solution. This will remove the lubricant and wash away any remaining dirt or debris.
3. Call your vet to discuss the wound.



# Lacerations

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## Lacerations

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Lacerations are long or deep cuts that will most likely result in bleeding. Lacerations need to be taken care of immediately so that they may be able to heal properly.

- Check your pet's ABC's and perform CPR if needed
- Stop the bleeding with direct pressure.
- For small wounds, flush and wash with warm water or saline solution
- Cover the area with a clean cloth, and seek veterinary care. Many lacerations will require sutures/stitches.



# Pad Wounds

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## Pad Wounds

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Pad wounds are typically caused by stepping on sharp objects such as glass or thorns. Apply direct pressure if bleeding.



**Wash the area with warm soapy water or saline solution**

Once the area has been cleaned, dry the foot off.



### **Place tape stirrups**

Bandage the foot by placing a strip of adhesive tape on each side of the foot, starting several inches above the wound and extending several inches past the bottom of the foot (*Tape should go directly on the fur*).

This tape acts like stirrups to hold the bandage in place



### **Place gauze**

Place a nonstick pad or gauze sponge over the wound

Wrap the paw with gauze roll, starting from the toes and ending just above the ankle or wrist.

Pull the ends of the sticky tape over the end of the gauze roll bandage as far as it will go, with the sticky part twisted to face and adhere to the bandage.





### **Wrap up the area**

Place an elastic or cling roll bandage over the cotton, working from the toes to the wrist or ankle. Make sure you pull the cling roll out before placing it so that it is not too tight.

Make sure the bandage is not too tight by checking for swelling in the toes or above the bandage, and take your pet to a veterinary hospital.

**Wounds ALWAYS should be checked by a veterinarian.**



# Fractures/Car Accidents

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## Fractures/Suspected Fractures

- Limb appears bent or out of shape
- Pet is displaying signs of pain or discomfort
- If vet is not immediately available, you may need to splint the leg, using an Ace bandage to immobilize and prevent further injury
- Cat may need to be wrapped in towel with head and injured leg exposed to prevent scratching



## Internal/Abdominal Injuries

- If abdominal wall is torn and/or organs exposed, keep them moist with a wet cloth
- Carefully place on board to stabilize for transport to vet

# Bites

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## Bite Wounds

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If you did not observe the bite when it occurred, signs include a small wound or puncture in the skin, swelling, bleeding, and bruising. Other systemic signs include lethargy and anorexia if left untreated.

*Pets bitten by other animals need veterinary attention to prevent the wound, regardless how large or small, from getting infected.*

Smaller pets may be shaken by bigger animals during a bite, which can result in internal injuries

All bite wounds should be evaluated as there can be substantial injury underneath the superficial wound. Bite wound infections usually appear 1-2 days after the incident. Signs include fever, lethargy, loss of appetite, pain in the affected area, and swelling or abscesses near the wound.



# Snake Bites

## Snake Bites:

It is estimated that 90% of snake bites in California occur between April and October.

- Look for sudden yelp of pain, especially if they're playing in a potentially infested area.
  - Rapid swelling of the leg or face
  - Apparent, intense pain
  - Fang/puncture marks
  - Oozing blood at puncture
  - Drooling
  - Rapid breathing
  - Dilated pupils
  - Pale gums
  - Weakness/collapse
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- Do NOT make incisions, suck the venom out, apply a tourniquet
  - Call vet enroute; they may recommend giving pet a small amount of antihistamine, such as Benadryl



# Insect Bites and Stings

## Spider Bites:

Most concerning with pets are Black Widow and Brown Recluse Spiders

### SYMPTOMS (Black Widow)

- Pain
- Nausea
- Abdominal Pain
- Labored Breathing



### SYMPTOMS (Brown Recluse)

- Open Sore
- Fever
- Chills
- Vomiting
- Pain



## Stings:

Bee and Wasp stings produce a painful, swollen area. Look for signs of anaphalaxis:

- Vomiting
- Difficulty Breathing
- Face Swelling
- Hives
- Collapse

If these signs are NOT present, and it is a bee sting, remove stinger with credit card. Do NOT pinch or squeeze stinger, as this will release more venom. Apply a cold compress and call your vet.

# Seizures

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## Lesson Objectives

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Seizures can be a scary experience for pet owners, so it's important to be as prepared as possible in case they occur in your pet. While there isn't much you can do to help your pet during a seizure, there are steps to take to make sure they are safe. In this lesson you'll given instructions on what to do before, during, and after your pet has a seizure.

After this lesson you will be able to:

- Understand some of the causes of seizures, and what they look like when they do
- Ensure your pet is safe during their seizure
- Know when to bring your pet to the vet, and what to do after your pet has a seizure



# Seizures

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## Seizure General Information

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Seizures can be the result of problems in the brain (central nervous system) or outside of the brain.

**Central Nervous System:** idiopathic epilepsy, infection or inflammation in the brain, vascular accident (bleed or clot), brain tumors, head trauma, malformation of the brain (birth defect), scar tissue in the brain

**Non Central Nervous System:** Some causes include low blood sugar, low blood calcium, organ failure, poisoning.

During an active seizure, your pet will often fall over, twitch, urinate, defecate, and drool.

In something called a *grand mal seizure*, your pet may fall over and be stiff and rigid.

Some seizures may look like your pet is just staring into space or biting at invisible things, which is called a chewing gum seizure.



# Tips for Seizures

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**After a seizure, the animal may be disoriented, walk into walls, or appear to be blind.**

Note that cats and dogs may also behave normally after a seizure.

**Make sure your pet is in a safe place**

Do not attempt to restrain your pet. Allow them to have space, without any objects or furniture nearby that may injure them.

**Keep your hands away from your pet's mouth, and do not disturb them**

Your pet may not know who you are during their seizure, and may bite you in response. You do not need to worry about trying to hold their tongue during a seizure, your pet will not swallow their tongue.

**Call your vet and bring your pet to the vet if**

- This is your pet's first seizure.
- The seizure lasts longer than 3-4 minutes.
- Your pet is not recovering from a seizure.
- Your pet has had multiple seizures in a 24-hour period.

## Medication

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If a specific cause is found, your pet will be started on medication for it.

Anti-seizure medication does not cure the cause of seizures; it helps to reduce the frequency or severity of episodes.

Despite being on medication, your pet will likely experience future seizures and will need future trips to the vet.

## Keeping a Log of Seizures

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Keeping a log of your pet's seizures will help keep track of important data for your vet to help treat the condition. Include information such as:

- Date
- Time of day
- Time after their last meal
- How long the active phase of the seizure lasts



# Poisoning

Signs/Symptoms:

- Depression
- Loss of coordination
- Seizures
- Swollen tongue
- Burnt lips
- Smell from mouth



# Poisoning – Keep these away from pets:

- Grapes
- Garlic
- Macadamia Nuts
- Raisins
- Onions
- Chocolate (especially dark chocolate)
- Coffee grounds/caffeine
- Fatty food
- Salt
- Aspirin/Tylenol/Ibuprofen
- Insecticides
- Medications for humans
- Moth balls
- Batteries
- Magnets
- Soaps, cleaners
- Gas, oil, antifreeze
- Glues
- Ice melting products
- Plants, tobacco
- Xylitol (sweetener found in sugar free gum, mints and toothpaste)
- Yeast dough

# Poisoning

- Bring vomit to vet
- If you know what they induced and how much, let your vet know (bring info, such as container, amount and time of ingestion/inhalation)
- Don't induce vomiting unless told by vet/poison control
- If vomit inducing is suggested with HP, use 3% hydrogen peroxide, one teaspoon per 5 pounds of body weight (up to 3 Tbsp.)
- Before inducing vomiting, see if dog will eat (bread or moist food)

## **WHAT TO KNOW:**

What poisoned your pet

When – how much time has elapsed

Symptoms

Breed, Age, Sex and Weight of Pet

# Burns

- 1<sup>st</sup> Degree Burn = Red/hair is singed
  - 2<sup>nd</sup> Degree Burn = Blistered skin
  - 3<sup>rd</sup> Degree Burn = White, charred skin
  
  - Rinse 1<sup>st</sup> and 2<sup>nd</sup> degree burns in cool water; do NOT break blisters
  - Do NOT apply butter, petroleum jelly or burn ointments
  - Apply sterile dressing to 3<sup>rd</sup> degree burns
  - Take to veterinarian immediately
  
  - Chemical Burns: Flush with cool water if advised by ASPCA; some chemicals react to water
  - Bring container of chemical with you to vet
  
  - Look for signs of shock (blue/pale gums, faint/rapid pulse, low temperature)
- NOTE:** If the sidewalk or street burns your bare feet, chances are your pet will feel the same. Be mindful, especially on hot days.

# Electric Shock

- Turn off power source
- Move animal with a wooden pole or stick
- Look for entry/exit wounds
- Look for signs of shock (blue/pale gums, faint/rapid pulse, low temperature)
- Take to veterinarian immediately



# Eyes

- Look for squinting, swelling, closure, rubbing, excess tears
- Blood in eye(s)
- Dirt in eye(s)
- Flush with eye wash
- Take to veterinarian



# Ears

Mites, allergens, yeast and other ear infections can affect your pet.

- Look for shaking head, scratching, tilting head
- Odor
- Redness
- Discharge
- Do NOT use Q-tips
- Ear cleaning solution: 1 part white vinegar to 1 part water
- Use cotton ball to gently wipe visible parts of ears
- Take to veterinarian





# Heat Stroke

- Never, ever leave your pet in the car; temperature can rise within just a few minutes with fatal results.
- Look for excessive panting, salivation, rapid breathing and pulse.
- Slowly bring pet's temperature down with cool water or non-toxic liquid
- Take to veterinarian



# Cold-related Illness

- Frostbite – when in snow, put petroleum jelly between pads to prevent snow from accumulating
- Hypothermia – When a pet's temperature drops to 95° or lower
- Keep pet warm and dry (no heating pads)
- Look for excessive panting, salivation, rapid breathing and pulse.
- Slowly bring pet's temperature up with
- Take pet to veterinarian



# Additional Ailments

- Torn Nail – generally in cats. This may need to be clipped or removed. Clean and bandage the area, and take cat to vet.
- Urinary Blockage – most common in male cats. Signs are bloody urine, pain, urinating outside of litter box, frequent or long stays in litter box. If you see any of these signs, take your pet to the vet.
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# Vet Visits




Pet owners should take their pets to a veterinarian for check-ups at least once a year.

For older pets, twice a year is recommended to stay on top of any illnesses that may develop with age.

Your vet can give your pet a body condition score, which can help adjust or maintain a healthy lifestyle for your pet.

## How Old Is My Dog in Human Years?

WebMD

Size of Dog	Small Miniature Pinscher  20 lbs. or less	Medium Schnauzer  21-50 lbs.	Large Great Dane  More than 50 lbs.
	Age in Human Years		
Age of Dog			
1 Year	15	15	15
2	24	24	24
3	28	28	28
4	32	32	32
5	36	36	36
6	40	42	45
7	44	47	50
8	48	51	55
9	52	56	61
10	56	60	66
11	60	65	72
12	64	69	77
13	68	74	82
14	72	78	88
15	76	83	93
16	80	87	120

# Vet Visits

- Visit vet when you adopt your pet, and at least once a year (every six months is preferable)
- Keep vaccinations up to date
- Flea and heartworm meds up to date
- Bring stool sample to check for parasites
- Blood and imaging may also be needed (especially for older pets) to uncover liver or kidney disease, anemia, thyroid issues, etc.

# Nutrition & General Health

- Exercise, good nutrition and plenty of water are key for dogs and cats
- Desirable weight (Body Condition Score – BCS); varies upon species, age and health of pet. Consult your vet for specifics
- Don't allow pets to roam outside alone to prevent injury
- Window sticker in case of emergency
- Check clothes dryers, engines, sofas, beds, recliners, etc. for cats hiding in these “cozy” places
- Exercise pets – cats should get 15-20 minutes per day. Dog's exercise is dependent upon breed
- Different dog breeds have different common ailments. Consult your vet
- Keep nails trimmed; if doing this yourself, first consult your vet
- Brush and groom your pet regularly. Different breeds/hair types require more frequent bathing/grooming

# Disaster Plan

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## Being Prepared for Emergency

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In the event of an emergency it's important to have a plan and be prepared on what to do to take care of your pet.

First, make sure your pet has current identification including a collar with an ID tag and microchip.

Having your veterinarian's phone number readily available, and knowing the most efficient way to get to the nearest emergency or 24 hour hospital is critical in being able to provide immediate care for your pet.

Finally, it is important to have an emergency supplies kit that is stored in a waterproof container. The following is a list of recommended items to include in this kit:

- Sturdy leashes, harnesses and/or carriers to transport pets safely.
- Food, drinking water, bowls, cat litter/pan and a manual can opener if your pet eats canned food.
- Medications and copies of medical records including dates of vaccines.
- A first aid kit.
- Current photos of you with your pet(s) in case they get lost.
- Information on feeding schedules, medical conditions, behavior and problems.



# Pet First Aid Kit - Inclusions

- Pressure Bandages
- Gauze
- Thermometer
- Antibiotic Ointment/Aquaphor
- Water Soluble Lubricant
- Saline Solution
- Duct Tape/Wide Adhesive Tape
- Plastic Cups
- Muzzle
- Hydrogen Peroxide (3%)
- Eye Wash
- Adhesive Bandages
- Alcohol Wipes
- Activated Charcoal
- Cold Pack
- Towel/Blanket
- Board to stabilize pet if injured
- Ace Bandage
- Scissors
- Nail Clippers
- Hair Clippers
- Rectal Thermometer
- Elizabethan Collar
- Emergency Phone Numbers

# Quiz Time

What's the best way to determine if your pet is dehydrated?

Pull up on the skin between their shoulders to test elasticity

Check their Capillary Refill Time (CRT)

Have them run around and see how tired they get

Time how fast they can drink a bowl of water

QUESTION 1 OF 10

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What are your pet's mucous membranes?

The residue you find in the corner of their eyes

Your pet's inner cheeks and gums

The color of the skin between their toes

Nasal discharge when they are sick

QUESTION 2 OF 10



What color is a healthy mucous membrane?

Blue

Pink

Purple

White

QUESTION 3 OF 10

A horizontal progress bar with a red segment on the left and a grey segment on the right.

What mnemonic device is used to check your pet's vital signs?

PETs

ABCs

CPR

VITs

QUESTION 4 OF 10

A horizontal progress bar is located below the question number. It consists of a red segment on the left, representing the current question, followed by a grey segment on the right, representing the remaining questions.

What is the safest way to stop bleeding until you reach an animal hospital?

Leaving it alone to heal naturally

Applying direct pressure

Hoping really hard that it stops

Hugging your pet to calm them down

QUESTION 5 OF 10

A horizontal progress bar consisting of a red segment followed by a grey segment, indicating the current position in the quiz.

Which of the following options would be the best to use to flush wounds?

Cold water

Warm water, or saline solution

Wounds shouldn't be flushed or cleaned

QUESTION 6 OF 10

A horizontal progress bar with a red segment on the left and a grey segment on the right.



What sort of things can lead to a seizure?

Epilepsy

Brain Tumors

All of these

Low Blood Sugar

QUESTION 7 OF 10

A horizontal progress bar with a red segment on the left and a grey segment on the right.

What should be done when your pet has a seizure?

Don't hold their tongue

Make sure your pet is in a safe space

All of these

Log the time, duration, and details of the seizure

QUESTION 8 OF 10

A horizontal progress bar with a red segment on the left and a grey segment on the right.

How long does anti-seizure medication prevent seizures from occurring?

It does not prevent them, but can decrease frequency and severity

Forever

It prevents them for a month at a time

QUESTION 9 OF 10

A horizontal progress bar with a red segment on the left and a grey segment on the right, indicating the current question's position in the set.

How often should pets get check-ups at the vet?

When they are puppies/kittens

At least once a year

Every other year

Only when sick

QUESTION 10 OF 10



# Resources

## **Emergency (24-hour) Vet Clinics:**

VCA – Mission Valley  
2317 Hotel Circle, San Diego  
(619) 299-2400

ER4Pets Animal Hospital  
12335 World Trade Drive, Ste. 16, San Diego  
(858) 676-1600

Pet Emergency & Specialty Center  
5232 Jackson Drive, La Mesa  
(619) 462-4800

**First Aid Kits for Pets:** [www.kurgo.com](http://www.kurgo.com) [www.chewy.com](http://www.chewy.com)

**Pet Safety Belts:** [www.chewy.com](http://www.chewy.com)

**Pet Poison Control:** ASPCA: (888) 426-4435

**Window stickers for 911 personnel:** [www.petrescuestickers.com](http://www.petrescuestickers.com)

**Pet Insurance:** [2018 Best Pet Insurance Companies](#)

**Thank you for attending  
today's class.  
May you and your pet(s)  
live long and healthy  
lives!**

