



First Aid

How to Create a First Aid Kit for Your Pet

Pet emergencies are critical health crises that need immediate medical intervention. Having a pet first aid kit handy is recommended for all people who own pets -- it may very well buy your pet critical time until veterinary care can be sought. Many of the supplies you will be using to create your pet first aid kit will also be handy in case of human first aid needs.

What Should Your Emergency First Aid Kit Contain?

You can purchase pet first aid kits or make one yourself. A plastic tote is good for storing your kit. It is advised that you make not one but two kits: one that will be in your house and one you can keep in your car.

Your Kit Should Include:

- Batteries
- A Flashlight
- Cotton balls and swabs
- Scissors
- Tweezers
- Sterile gauze pads and bandages
- First aid tape
- Antibacterial ointment
- Hydrogen peroxide
- Rubbing alcohol
- Antiseptic wipes
- A muzzle
- A leash
- A splint
- Styptic powder to stop bleeding
- Pepto bismol
- Prescription medications (for you and your pets)
- Sterile latex gloves
- Eye wash
- A book on human and pet first aid
- Mineral oil
- Buffered aspirin
- Benadryl
- A blanket
- A large bottle of water
- Self-activating hot pack
- Self-activating ice pack
- Hydrocortisone cream
- Copies of veterinary documents
- Thermometer

Whenever possible, a cell phone with service that can reach 911 in case of emergencies with the phone number of the nearest emergency vet programmed is a great addition to your emergency first aid kit. Check your batteries periodically to make sure that they are ready to go when you need them in an emergency.



Emergency Action Steps

NOTE: NOT INTENDED TO REPLACE YOUR VET THIS IS EMERGENCY ONLY

- 1 Check the scene
- 2 Check the injured animal but only if it is safe to do so
- 3 Call your local vet, emergency animal clinic, animal shelter or animal control
- 4 Provide first aid only if it is safe to do so while waiting to transport the animal to the animal hospital, shelter or vet's office

ABC's of CPR

A – AIRWAY

Check to see if throat and mouth are clear of foreign objects.

If yes, proceed to breathing

If no, open airway

- Lay animal on right side
- Open airway by tilting the neck and head slightly back and pull tongue forward between the front teeth
- Sweep mouth with fingers to check for nay obstructions (only if the animal is unconscious)
- Remove any foreign material or vomit from mouth

B – BREATHING

Check for breathing. Look, listen and feel for air

If yes, stop work and allow the animal to assume comfortable position

If no

- Tilt neck & head slightly back and pull tongue forward to open airway
- Seal mouth & lips by placing hands around lips, gently holding muzzle closed. (If small dog or cat, your mouth will create seal)
- Place your mouth over the animal's nose and blow forcefully
- Give 4 or 5 quick breaths, and then check for pulse and breathing without assistance.

- IF NO PULSE, BEGIN CHEST COMPRESSIONS!!!
- If animal has a pulse but is not breathing, continue rescue breathing

Breathing rates:

- Small dog (<30 lbs) or cat = 20 – 30 breaths per minute
 - Breathe once every 2 – 3 seconds
- Medium or large dog (30 + lbs) = 20 breaths per minute
 - Breathe once every 3 seconds
- Giant Dog (over 90 lbs) = 10 – 12 breaths per minute
 - Breathe once every 5 seconds

C – CIRCULATION

DO NOT DO ANY COMPRESSIONS IF THERE IS A PULSE, NO MATTER HOW FAINT!!!!

Small Dog (<30 lbs) or cat:

- Lay animal on right side
- Kneel next to the animal with the chest facing you

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501c3 non-profit - no kill animal rescue, service dog trainer, provider and humane education organization – all volunteer



- Place palm of one hand over ribs at point where elbow touches chest
- Place other hand beneath right side of body
- Compress chest ½ to 1 inch. Alternate with breaths.
- If alone, give 5 compressions to 1 breath of air (at rate of 80 – 100 per minute). With 2 people, 3 compressions to 1 breath.
- Stop every few minutes to check for a pulse
- Continue until arriving at animal hospital or 20 minutes.

Medium to Large Dog

- Lay animal on right side
- Kneel behind animal’s back
- Using both hands, compress chest 1 – 3 inches at point where left elbow of front leg lies when pulled back against chest.
- If alone, give 5 compressions to 1 breath of air (at rate of 80 -1 00 per minute) With 2 people, 2 – 3 compressions to 1 breath
- Stop every few minutes to check for a pulse
- Continue until arriving at animal hospital, someone take over or 20 minutes

Giant Dog (Over 90 lbs)

- Same procedure as with medium / large dogs
- If alone, give 10 compressions to 2 breaths of air (at rate of 80 – 100 per minute) With 6 compressions to 1 breath.

PET PULSE

Easiest place to check for a pulse is the femoral pulse in the groin area.

EMERGENCY PET PHONE NUMBERS STICKER

EMERGENCY PET PHONE NUMBERS	
Local Veterinarian	_____
Animal Emergency Care	_____
Poison Control Center	_____
Animal Control	_____
Other Contact	_____

Cut out box or make your own template and fill in numbers. Post by phone or on refrigerator and in your bag or wallet.