



WHAT SHOULD I HAVE IN MY FIRST AID KIT?



- **Emergency numbers and addresses.** Having these easily accessible will avoid panic.
 - your vet's address and phone number
 - poison control center (there is a fee for any consultation)
- **Your pets' medical history** if travelling (medications, vaccine history)
- **A muzzle** (keep in mind that when an animal is in pain, they can be unpredictable, and may scratch or bite. To protect yourself, never try to cuddle or put your face too close to them. For a dog, a muzzle can be used to reduce the chances of being bitten. There are muzzles that can be purchased but when not available, a tie, a pair of stockings, a ripped sheet, or a roll of gauze are perfect substitutes. Never muzzle your dog if they are vomiting. Cats can be wrapped in a sheet or towel for restraint.)
- **Gauze** (can be used to stop/control bleeding, as padding, or bandaging wounds)
- **Vet wrap** (bandage wrap that clings to itself for wrapping wounds)
- **Bandage scissors** (these scissors are blunt on one side making it easy to slip between skin and bandage, preventing cuts to the animal's skin.)
- **Large syringe** (to administer medication or flush a wound)
- **Adhesive tape** (to help secure bandage)
- **Rectal thermometer** (Judging the temperature by the moistness of the nose, or how warm the ears feel is not reliable.)
- **Hydrogen peroxide** (to induce vomiting. Can be given by mouth at a dosage of 1ml/kg. 1 tsp = 5ml, 1 tbsp = 15ml. Always contact your veterinarian before inducing vomiting.)
- **Antiseptic wipes** (for cleaning open wounds or sores. Try to avoid rubbing alcohol and peroxide. In the absence of antiseptic wipes, cold clean water is a good substitute.)
- **Plastic gloves** (for your protection)
- **Tweezers** (for removing debris from wounds, or splinters)
- **Towels/cloths/a blanket** (used to cover wounds, to keep the animal warm, for transport, or to be used as a sling)
- **Anti-histamine** (example: Benadryl for allergic reactions) Contact your veterinarian for proper dosage.

NEVER USE TYLENOL, ADVIL, OR ANY HUMAN MEDICATION TO PROVIDE RELIEF OR COMFORT FROM PAIN. IT CAN DO MORE HARM THAN GOOD.

Keep in mind that these recommendations are for dogs and cats, and other animals' first aid kits will need to be modified to suit their species, age, and lifestyle.

Services Vétérinaires Mountainview has pre-made first aid kits containing the basic need items made by Intervet and the Fondation DMV or we encourage you to make your own home-made kit with all or some of the items suggested.

The next step to being prepared is to familiarize yourself with all the items in your kit, and knowing how to use them. Reading up on pet first aid, taking a first aid course (www.walksnwags.com), or speaking to your veterinarian or veterinarian technician are excellent examples. KNOWLEDGE IS POWER!!

