



FIRST AID FOR DOGS

Theoretical basics that can save lives

Various accidents and injuries can happen every day despite all caution measures taken. Being able to give first aid to your dog is fundamental. Carefully thought through behavior can positively influence the healing of an injury or in the worst case even make the difference between life and death. This guide provides you with practical instructions for emergencies, as well as helping to prevent further damage while caring for injuries and wounds at home.

Warning: First aid does not replace a visit to the vet but can significantly improve your four-legged friends' chances.

PREPARATION

Always keep the phone and emergency phone numbers of your vet or an animal rescue service at hand. When traveling, it also makes sense to gather information in advance about veterinarians, animal hospitals or animal rescue services in the area. There are many helpful apps that can be downloaded free of charge onto your smartphone (i.e. VetFinder). Notify your vet in advance about an emergency visit, if you and your patient are already expected it saves crucial time in preparation and treatment. Depending on the situation, minutes can make the difference between life and death.

Always carry a first aid kit with you. Ready-made kits can be purchased at pet shops which can be added to by you according to your wishes and needs or you can put together one yourself from scratch.

Content of a first aid kit:

- | | | |
|----------------------|-------------------------------|--------------------------|
| ■ Bandaging material | ■ Disinfectant | ■ Digital thermometer |
| ■ Scissors | ■ Sterile saline solution | ■ Diarrhoea medicine |
| ■ Tweezers | ■ Tick remover | ■ Hot and cold packs |
| ■ Wound ointment | ■ Sterile disposable syringes | ■ Disposable gloves |
| ■ Dog booties | ■ Paw protection ointment | ■ Thermal insulation pad |

Important health data

It is important to know your dog's normal range of physiological factors, such as body temperature, respiratory frequency and heart rate. This will help you to quickly determine whether the values are in an abnormal range and whether your dog may be unwell. With puppies, vital signs are age and breed dependent and cannot be compared to adult dogs; please check with your vet.

Normal body temperature

37.5°C - 39°C

Fever

above 39°C

Heart rate (beats per minute)

small dogs / puppies:	90 – 160
middle-sized dogs:	80 – 130
large dogs:	70 – 100

Respiratory frequency (breaths per minute)

small dogs / puppies:	15 – 50
large dogs:	20 – 30

Note

Panting is usually normal in dogs

EXAMINATION OF THE DOG

Try to practise checking your dog's eyes, paws, teeth, gums and ears as well as lifting it, carrying it, and putting on a muzzle or a sling. Practise these regularly and in a playful way, rewarding your dog if it does well. This way it will be easier to do this in an emergency without causing your dog distress.

TPR(M) method

A simple way to monitor your dog's vital signs is by using the TPR method: Temperature, Pulse/heart rate and Respiration. While not included in the abbreviation, checking the mucosa is also important.

Temperature

Body temperature in dogs is always taken rectally. Use a digital thermometer – handling is easier this way and the results can be read more quickly and easily than if taken with a conventional mercury thermometer. Put some Vaseline, butter or other lubricant on the tip of the thermometer. Pull up the tail and gently insert the tip of the thermometer, about 2-3cm, into the dog's rectum. If necessary, have another person hold the dog securely in place.



Respiration rate

Monitoring the respiration rate can take some practice so it's advisable to practise this when your dog is healthy and calm. Count the number of breaths for one minute while watching the chest rise and fall. This way you can easily tell in an emergency whether the dog is breathing faster, slower or not at all. If the breath is weak, it may be difficult to see the chest rising and falling. In this case, hold a mirror (or a smartphone) in front of the dog's nose; if it fogs up, the dog is still breathing. You can also hold your ear up to the dog's nose to hear and/or feel if it is still breathing.



Pulse and heart rate

Taking a pulse is not very straightforward and we recommend that you practice doing this regularly. The most reliable method is to place your hand on the inside of the rear leg, around mid-thigh. Place your hand flat on the inside of the thigh, your thumb resting on the knee (which looks like the hip joint). Pull your hand back slowly until you can feel the femoral artery pulse near the surface with your fingertips. At the same time, pay attention to the regularity and strength of the pulse. Use your index, middle and ring fingers to feel for the pulse and not your thumb to avoid feeling your own pulse rather than the dog's.



To check your dog's characteristic double heartbeat, place your ear on the right side behind the elbow close to the rib cage. This is easiest when the dog is lying down.

Mucous membranes

A dog's mucous membranes under the lips and eyelids should always be salmon pink. Pale mucosa can indicate circulatory shock, anaemia, acute stress or low blood pressure. Blue mucosa is a sign of respiratory distress, cardiac disease or hypothermia and requires immediate action. Yellow mucosa can indicate a severe liver problem. Any change of colour of the mucous membranes should be urgently checked by a vet.

Another important vital parameter - circulation - can be checked on the gums and the flews/lips. Apply gentle pressure to the gums or the flews with your thumb, which will cause a pale spot as the blood drains from the small capillaries. After about 2 seconds, release the pressure and count the seconds until the mucosa returns to its natural colour. This is how you determine the capillary refill time. A normal capillary refill time takes around 2 seconds, anything longer indicates reduced blood flow to the periphery.

Assessing the colour of the mucous membranes and determining the capillary refill time will give you a fairly solid idea of your dog's circulation.

SYMPTOMS THAT INDICATE AN EMERGENCY

If your dog shows one more of the following symptoms, take it to a vet's immediately:

- Shortness of breath or respiratory arrest
- Heavy bleeding
- Pale mucous membranes
- High or low body temperature (over 39.0°C or under 37.5°C)
- Listlessness/apathy
- Staggering
- Unconsciousness
- Heavy panting (for no obvious reason)
- Shaking
- Cramps
- Signs of paralysis
- Bloating stomach
- Colic
- Heavy vomiting
- Diarrhoea
- Lack of urination and/or excessive drinking

RESPIRATORY OR CARDIAC ARREST

In the event of a respiratory or cardiac arrest, you must take immediate action. Initially, the dog will start to breathe heavily, stretch its neck forward and pull its flaps back. Then, the tongue will turn a bluish colour. If first aid is not administered, the dog may collapse, become unconscious and suffocate. The ABC approach is a very helpful tool in this situation.

Warning: You must verify that the dog is unconscious before using the ABC approach – if it is not, there is a high risk of being bitten in the face, especially while applying mouth to nose resuscitation. Bear in mind that the dog is under acute stress and may not react in the way you are used to.

Airways

Clear the airways by opening the mouth and pulling out the tongue. Observe the rib cage, if it is still rising and falling, the dog is still breathing. If you cannot see any visible movement of the chest, check the breath with the help of a mirror (or a smartphone). Listen for a heartbeat, check if the pupils are dilated and unresponsive. If the animal shows weak or no reactions, start artificial respiration immediately.

Breathing

Keep the dog's mouth closed for artificial respiration (make sure you push the tongue back into the mouth first).

Breathe into the dog's nostrils (for smaller dogs, into both nostrils and mouth). For each respiration, give two breaths in succession, then take a short break and repeat two breaths in succession followed by a break again. Repeat this process until the dog is able to breathe on its own. A few breaths are often enough to stimulate the dog's breathing again.

Circulation

In the case of a cardiac arrest, you can try to save the dog's life with chest compressions. It is vital that you first verify that the heart has stopped beating – a cardiac massage must never be performed on a beating heart!



Place the animal on its right side; fully extend your arms, place your hands one on top of the other on the dog's rib cage close to the heart. For smaller dogs, the fingertips might be sufficient. Using the palms of your hands, press 10 times in quick succession, followed by two breaths into the nostrils, then 10 further quick compressions, followed by another two breaths. Repeat this for a minimum of 10 minutes.

SHOCK



Shock is a life-threatening condition which can occur with any illness or injury. The term 'shock' means a reduced blood flow which results in a lack of oxygen supply to body tissues and organs.

When going into shock, the body attempts to maintain a minimum blood and oxygen supply to vital internal organs such as the abdomen, heart and brain. This shifts the peripheral blood volume to the centre of the body – the mucous membranes become pale and the limbs cold.

Shock is always a result of an injury or illness; it is never the cause itself. Recognising and treating shock should be a priority when performing first aid.

Triggers for a state of shock are very different and the following shock symptoms can occur individually or in combination:

- General weakness, reluctance or inability to move
- Dog appears withdrawn and/or weak
- Loss of ability to stand, excessive thirst, possible vomiting
- In cases of severe shock, the dog may become unconscious
- Low body temperature, especially the ears, nose and paws
- Pale mucous membranes
- Pale and bluish discoloured skin
- Rapid and shallow breathing
- Increased heart rate

Initial measures in the event of shock include checking breathing and cardiac activity, stopping any heavy bleeding, checking the capillary refill time and immediate transport to the nearest vet's or animal hospital.

INJURIES AND DANGERS

Bite wounds

Bite injuries are often difficult to spot. Excise the wound and thoroughly remove any embedded dirt. Generously disinfect the wound and apply a bandage to stop the dog from licking it. Bite wounds inflicted by other dogs can be deceptive, as they often appear harmless. However, the sharp canine teeth can often cause an injury that is far more serious than it appears, and a vet should be consulted immediately after applying first aid. Do not underestimate the risk of infection! Most cat bites, for example, will lead to serious, festering abscesses if not treated immediately.

Broken or torn off claws

A broken claw is usually not an emergency, just very unpleasant for the dog. It will constantly lick the affected area, leading to skin irritation in the long run. Cut off the broken part of the claw and trim the fur around it. Disinfect the area and apply some disinfectant ointment with a bandage to prevent constant licking and potential infections.

A torn off claw, on the other hand, will be extremely painful for a dog. It can bleed profusely and must be treated immediately by a vet. The dog may need stitches or, in the case of a torn dewclaw, the claw will need complete removal.

Fractures and Sprains

Fractures are often accompanied with loss of blood which can lead to shock. Symptoms include pain, swelling, possible disfigurement and even loss of limb function. In an open fracture, bones and skin tissue fragments will be visible. In this case, or if the limb is hanging loosely, apply a bandage (there is no need for a bandage if the dog is walking on three legs). Fractures and sprains require veterinary consultation. When transporting your dog, ensure it is safely secured, and never place the dog on its injured side.

Burns and acid burns

Open fires, closed heat sources (oven or cooker/stove top), chemicals or electric shocks can all cause burns. Cool the affected area immediately with cold water or cold, wet compresses for around 15 to 20 minutes. Never place ice or cold packs directly on the skin, but wrap them up in a towel or cloth first. Do not cover an open wound and be careful not to overcool the animal. In case of an acid burn in the eye, flush it with water for as long as possible and take the dog to the veterinarian for further treatment.

If the injury has been caused by chemicals, inform the vet. Name the substance and, if possible, take it with you to the vet's; this can help the vet to quickly take the appropriate action. Apart from burns, contact with chemicals can also cause poisoning.

Foreign Object

Treatment depends on the object and injury. If the foreign object is in the eye, try to flush it out with water or a sterile saline solution or dab it out with a soft, lint-free cloth. If the object is stuck or the eye is injured, leave it as is and take the dog to a vet's. Keep the dog from scratching its eye.

If the object is stuck in the throat, the dog will try to get it out of its mouth with its paw. It may gasp for air, pant or salivate heavily. Take the dog to the vet's for further examination.



If the object is visible in the throat and has not injured any tissue, remove it immediately. Objects lodged far back or stuck, such as a ball, can be removed from the dog if it is calm. If the dog doesn't voluntarily open its mouth far enough for you to remove the object, place a sling around the top jaw and another around the bottom jaw and keep the dog's mouth open by pulling apart.

Injuries caused by a foreign object which has become deeply lodged in the dog are genuine emergencies. Be careful with games like 'fetch' because sticks can easily become lodged in the throat or chest, especially where a dog runs into an object stuck in the ground.

It is also quite common for splinters to get stuck in the dog's gums, throat or oesophagus due to extensive chewing on a stick. Never attempt to remove foreign bodies that have caused an injury yourself, as pulling them out can exacerbate the injury and/or cause heavy blood loss! The foreign object will often be compressing the wound, controlling the blood flow, thus resulting in less blood loss. Try to stabilize the foreign object as well as possible (for example with two rolled-up bandages), pad everything well and take the dog to a vet's without delay.

Insect bites

If the dog has been stung by an insect, it may show symptoms such as restlessness, licking, sensitivity to pressure, yelping or whining. The affected area is likely to swell up and therefore be easy to spot. If the dog has been stung in the throat, shortness of breath, choking and coughing are further symptoms. If the sting is visible, use tweezers to remove it, and cool the swelling. In the case of any reactions or known allergies, take the dog to a vet's immediately.

Heatstroke / heat exhaustion

If a dog is not able to cool off in very hot weather, its ability to regulate its own body temperature may become impaired. The body temperature may rise to 40°C or more. Take into account that dogs cannot sweat; they regulate their body temperature through panting, releasing only a small amount of heat through their paws and ears. On hot days without a sufficient amount of shade or the possibility of cooling down in water, a dog can overheat. Symptoms include exhaustion, thirst, heavy panting, tongue hanging out, vomiting, rapid heartbeat, convulsions, shortness of breath, and loss of consciousness.

If you suspect that your dog has suffered heatstroke, take it to a cool place (shade) immediately, give it some water (not cold if possible) and cool down the body by wrapping it in cool wet towels or giving it a cold shower, always starting with the limbs. Avoid cooling the dog down too quickly, and take your dog to the veterinarian immediately.

Hypothermia and frostbite

Cold temperatures are also a high risk for dogs and shouldn't be underestimated. Dogs without an undercoat, in particular, can cool down quickly on very cold and wet days. The dog will start shivering, its heart rate will increase, its movements will become sluggish and it might show signs of paralysis or muscular rigidity. The mucous membranes will be noticeably pale, consciousness may be impaired, and reflexes may slow down or stop altogether.

In the case of mild hypothermia, you should stimulate circulation by massaging and rubbing the dog dry, wrapping it in a blanket and then taking it to a warm, safe place. Use an insulation mat if necessary, and monitor the dog's body temperature. In most cases, the dog will recover quickly and no further measures will be required.

In the case of severe hypothermia (<36°C with significant impairment of general condition), dry off the dog very carefully. Wrap the torso in an insulating blanket and move the dog as little as possible. Monitor the dog's breathing and cardiac activity. If necessary, start resuscitation and contact a veterinarian immediately.

Localised frostbite can be identified by the numbness and pallor of the affected tissue. Frostbite is divided into four degrees:

1st degree: redness, swelling, dog shows pain

2nd degree: blister with reddish fluid, dog shows pain

3rd degree: dead, soft, porous, numb tissue and no pain

4th degree: frozen tissue with complete tissue destruction (black discoloration) and no pain

Treat frostbite with cold water first, then slowly increase the water temperature after a few minutes. Apply a bandage with a greasy ointment to prevent the dog from licking the affected area. Then take it to a vet's.

Seizures

Seizures can have various causes. Epilepsy manifests itself in seizures with loss of consciousness and convulsions. With heart disease, the poor pumping action of the heart causes seizures or fainting. With kidney and liver disease, seizures may occur due to the accumulation of toxins in the body. With poorly controlled diabetes, an insulin overdose leads to a sugar deficiency, resulting in seizures or even unconsciousness. Poorly trained and incorrectly fed sporting dogs can also display hypoglycaemia with convulsions if they overexert themselves.

If the dog is unconscious and not spasmodic, examine it according to the TPR method and respond as appropriate. Contact your vet if the dog does not recover.

If the dog is spasmodic, protect it from further injury by positioning it on a soft surface. If possible, place a small piece of wood between the upper and lower jaws to prevent the dog from biting its tongue.

Note: Never pull out the tongue during a seizure! There is a very high risk of being bitten.

Usually these seizures pass and do not require any further action. After an epileptic seizure, many dogs take some time to recover (up to 1-2 hours). Immediately after the seizure, many dogs appear confused and disoriented, and they might hide or display other unusual behaviours. Care should be taken around other dogs and people at this point because the dog may be scared and bite. It should therefore be left in peace, but remain under observation.

Pain attacks due to orthopaedic problems (for example hip joint dysplasia, cruciate ligament rupture, elbow joint dysplasia, cartilage formation disorder or dislocated kneecap) are deceptively similar to seizures with other causes. However, in these cases, the dog will usually show in advance that it is in pain by being lame. Have it thoroughly examined by a vet.

Drowning

Many dogs love water. Some only want to paddle, others are athletic swimmers and some even jump after a toy at full speed. Swimming is very strenuous for dogs meaning they can tire quickly and sink unexpectedly and suddenly, breathing in water out of sheer panic. If rescued from the water, the dog may display symptoms such as respiratory failure, blue mucous membranes or tongue. Lift the dog by the hind legs for 10-20 seconds, swinging it gently back and forth to allow the water to drain from the lungs. Then position the back half of the body slightly higher and stimulate breathing by rubbing the ribs and sternum area. If the dog is unconscious, not breathing or if you detect cardiac arrest, immediately use the ABC approach. If the dog has been in very cold water, rub it thoroughly dry and wrap it in a blanket or jacket. Once the dog starts breathing again, monitor its body temperature and take it to the vet's immediately.

Poisoning

Poison can be ingested not only through the mouth, but also through the nose and skin. Symptoms vary greatly depending on the type of poison and may include foaming, salivation, vomiting, diarrhoea, gastrointestinal issues, convulsions, impaired reflexes, impaired consciousness, vibrating tactile hairs, chemical burns, and unconsciousness. In most cases, the general condition will deteriorate very rapidly. If the dog shows one or more of these symptoms, quick action is usually called for. Offer the dog some water and clear the airways (e.g. of vomit), wash harmful substances off the skin with dishwashing liquid, and if the dog is conscious, administer charcoal suspension or tablets. Do not give the dog any emetics or 'home remedies'! Never administer medications intended for human use without consulting a veterinarian. If possible and safe to do so, take any remnants of suspected food, poisonous plants or medication, including any packaging, with you to the vet's practice.

Life-threatening gastric torsion

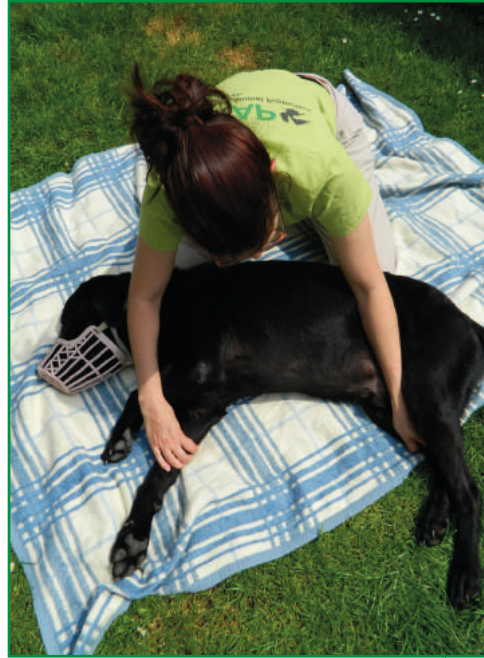
The causes of gastric torsion have not been conclusively clarified scientifically. Studies have shown that large dogs with a lower chest (e.g. German Shepherd, Great Dane, Irish Setter, Labrador) and older dogs are at greater risk of gastric torsion, while it occurs relatively rarely in small dogs. Gastric torsion is more common in the evening and at night and constitutes a very serious emergency. The faster the dog gets to the vet, the higher the chance of survival.

Symptoms include unsuccessful vomiting attempts, retching, abdominal pain, heavy breathing, salivating, rapid pulse, panting and pale mucous membranes. Surgery is inevitable to save the dog's life. Ensure that you let your vet know in advance that you are travelling with a dog with suspected gastric distress, as every minute counts. If you have to lift the dog during transport, be careful not to put any pressure on the stomach.

Put your own safety first!

Even though seeing your own dog injured or involved in an accident is an awful experience for any dog owner, your own safety must come first. You will be of no help to anyone if you are bitten or injured and need to go to A&E/the emergency room! Please remember that even the best-behaved dog will not react normally when in distress.

It may bite or fight against treatment. Injured animals can develop incredible strength when adrenaline kicks in. Use a sling or a muzzle on the dog, and ensure you place the dog in a position that enables it to vomit. Should the situation call for it, restrain the dog with a firm grip so that the necessary examinations can be carried out. As unpleasant as these measures may feel or look, you will be protecting yourself and the dog from (further) injuries.



APPLYING BANDAGES

Putting a bandage on a dog is fairly simple, and the procedure is the same for any type of bandage. First, clean and disinfect the wound and cover the injury with a wound dressing, then apply padding and finally fasten everything securely. In terms of dressing materials, you will need a wound dressing, a padding bandage, a fixation bandage and scissors. If necessary, you can reinforce a bandage using simple aids. For example, you could fashion a bandage splint out of a rolled-up magazine or use an old T-shirt as an abdominal or chest bandage.

Basic paw bandage

The dog has a cut on the pad of the foot. In order to heal, it must now be protected from pressure, dirt and licking. For this basic paw bandage, hold the dog's paw tightly. Thread a portion of the padding bandage between each toe so they do not rub against each other and cause chafing. Don't forget the top claw on the leg!

Now place the dressing and the rest of the padding bandage around the entire paw and secure everything with the fixation bandage (self-adhesive bandages are the easiest to use). Make sure not to wrap the fixation bandage completely over the padding and avoid a congestion of blood in the leg / paw. If you wish, you can pull a dog bootie over the bandage to protect against moisture and dirt. In the house, a bootie is usually not necessary.



Tourniquet

A pulsating bleeding wound is clamped with a tourniquet to stem blood loss. This involves tying off the entire limb which may be done for a maximum of half an hour, otherwise tissue damage may occur. Afterwards, the nearest vet must be consulted immediately.

Pressure bandage

An external, heavily bleeding wound can lead to high blood loss and shock. It must therefore be treated immediately and examined by a vet.

To stop severe bleeding and to counteract blood loss, apply a pressure bandage. For this purpose, take a dressing pack, a gauze bandage or a clean piece of fabric (but not absorbent cotton wool) and place it directly on the wound. Wrap the bandage around the dressing several times. Stopping the bleeding is more important than taking care of a possible contamination of the wound as the dog can bleed to death quickly. To create more pressure, you can place an object of an appropriate size on the wound and wrap it with it. Should the wound bleed through the pressure bandage, do not remove the bandage but rather place a second one over the top.



Caution: The bandage must not interrupt blood circulation for more than 30 minutes. It must not be applied too tightly, otherwise blood congestion will occur. If congestion occurs, the pressure bandage must be loosened and reapplied more loosely. Large gaping wounds must be sutured within the first six hours. If you are out and about and the dog has a severely bleeding wound, do not hesitate to press a stone on the wound and secure it with the leash. A pack of tissues can also be used for this purpose. If you do not have any tools with you, your own hand or fist can also be pressed directly into the wound in an emergency. These emergency solutions sound extreme but are always better than letting the dog bleed to death.

ADMINISTERING MEDICATION

Giving a dog medication is not always easy and will depend on the dog's nature; a picky, sensitive dog is more likely to eat around a tablet given in food than a dog that devours whatever is put in front of it. We provide some practical tips below.

Pills

Open the dog's mouth by placing your thumb behind the upper canine tooth and pressing on the roof of the mouth. The dog can now no longer close its mouth and you can place the pill in the middle of the base of the tongue. Release your thumb from the roof of the dog's mouth and hold the mouth closed with your hand. Lift the dog's head upward and gently stroke the larynx until you feel swallowing reflexes. Check whether the dog has actually swallowed the pill.

Liquids and pastes

If liquid medication is not reliably ingested by the dog with meals, or if it needs to be administered more frequently, you can also put liquids and pastes in the dog's cheek pouch or spread them inside the lips.



Eye drops

Prepare the medication and restrain the dog to stop it from running away (e.g. hold it, facing forwards, firmly between your legs/knees). Reach over the dog's head and use your thumb and forefinger to pull the upper and lower lids of eye apart. Put the drops into the eye. To avoid injury and contamination, ensure the pipette does not touch the eye.

RECOVERY AND TRANSPORT

Important: In the event of a traffic accident involving a dog on the road, always consider your own safety and that of other road users first. Take into account the current road and traffic conditions, park your vehicle safely, secure the accident site (hazard warning lights and warning triangle) and wear a high-visibility vest.

First of all, try to assess the situation. Carefully approach the injured dog while talking to it reassuringly and observing it. If it is calm, stroke it gently and attach a leash. If it is restless or aggressive, throw a blanket over it and try to wrap it up tightly in it.

If a dog is badly injured or unconscious, put the dog into a safe lateral position so that it cannot fall or slip. If the dog is too heavy to carry or if it is in too much pain to lift, it can be moved using a homemade stretcher. Take a large towel or blanket and pull it carefully under the dog. Two people now each grab one end of the blanket and the dog can be transported to the veterinarian or to a quiet place.



KEY INFORMATION

Important phone numbers

Veterinarian: _____

Veterinary emergency number: _____

Animal rescue: _____

Animal hospital: _____

Emergency contact: _____

Profile of the dog

Name: _____

Gender: _____

Neutred: _____

Year of Birth: _____

Breed: _____

Weight: _____

Microchip: _____

Values in normal conditions

Body temperature: _____

Respiratory rate: _____

Pulse: _____

General

Known allergies: _____

Surgeries: _____

Medication: _____



Reminder – TPR(M) method:

- Temperature
- Pulse + heart rate
- Respiration
- (and Mucous membranes)

Reminder – ABC approach:

- Airways
- Breathing
- Circulation

Resuscitation:

Never perform a cardiac massage on a beating heart! Alternate 10 compressions followed by 2 breaths through nose/mouth. Continue this for a minimum of 10 minutes.

Symptoms state of shock:

- General weakness, reluctance or inability to move, loss of consciousness
- Loss of ability to stand, excessive thirst, possible vomiting
- Cold ears, nose and paws, mucous membranes and skin are pale to bluish
- Rapid and shallow breathing, increased heart rate.

Symptoms gastric torsion:

- Bloated abdomen, abdominal pain, hunched posture
- Restlessness, attempts to vomit, retching (usually expelling little or no food)
- Heavy breathing, panting, salivating
- Pale mucous membranes

Contents of First Aid Kit:

- | | | |
|------------------|-------------------------------|--------------------------|
| ■ Bandages | ■ Disinfectant / antiseptic | ■ Digital thermometer |
| ■ Scissors | ■ Sterile saline solution | ■ Diarrhoea medicine |
| ■ Tweezers | ■ Tick remover | ■ Hot and cold packs |
| ■ Wound ointment | ■ Sterile disposable syringes | ■ Disposable gloves |
| ■ Dog booties | ■ Paw protection ointment | ■ Thermal insulation pad |



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