



FIRST AID FOR CATS

Theory basics that can save lives

While it is said that cats have nine lives and will always fall on their feet, unfortunately they also repeatedly get themselves into dangerous situations and need help. In a medical emergency, quick and effective action will help prevent further harm to your cat.

Accidents and injuries to cats can be complex and happen quickly in everyday life despite all caution. The ability to administer first aid to your cat is crucial, as swift action can improve the healing of an injury or, in the worst case, even be the difference between life or death. This guide provides practical instructions for emergencies, for damage control in case of injuries and for wound care at home.

Please note: Administering first aid does not replace a trip to the veterinarian, but it can significantly improve your four-legged friend's chances.

PREPARATION



Always keep an emergency contact number for your veterinarian or an animal rescue place at hand. Phone the veterinarian in advance and inform them of your emergency visit. If they expect your visit, they can make the necessary preparations for treatment to be administered more quickly. Depending on the situation, a matter of minutes can make the difference between life and death.

Every cat household should have a first aid kit. Many specialised shops sell ready-made kits, to which you can add any additional items. You can also put together your own kit with the help of your veterinarian. You will find a list of the items that belong in a first aid kit on the last page of this guide.

Important health data

It helps to know the normal physiological values such as body temperature, breathing rate and pulse of your cat. This will allow you to determine very quickly if they are out of the normal range and the cat is not doing well. In kittens, vital signs vary by age and breed and cannot be compared to adult cats. Check with your veterinarian.

Normal body temperature

38,0 °C–39,2 °C
(in kittens and when excited up to 39.5°C)

Fever

above 39,2 °C
(in this case consult the veterinarian immediately)

Pulse (beats per minute)

120–180
(in case of high excitement up to 240)

Respiratory rate (breaths per minute)

20–40
(at rest)

Breathing

Cats usually exhibit rhythmic, quiet breathing with slight movement of the abdominal wall. In respiratory distress, cats may show mouth breathing and bluish, discoloured mucous membranes. It is not normal for a cat to pant.

EXAMINATION OF THE CAT

Practice checking eyes, paws, teeth, gums and ears as well as lifting and carrying the cat around. Train this regularly in a playful way and reward your cat when it does well. Only if your cat recognizes this as something positive, will it allow it in an emergency without any problems and without additional stress.

Your own safety comes first!

Even though it is terrible for any cat owner or animal lover to see an injured cat, your own safety comes first. It won't help anyone if you become an emergency yourself by getting bitten or injured.



Even the sweetest of cats may react differently when under stress! When in severe pain or panic, it may not even allow being touched by its owner; it might resist and bite. Cat bites are dangerous! Even small bites and scratches can become infected and lead to abscesses and septicaemia. Speak to the cat reassuringly. If it resists when you approach, grab a thick blanket and try to wrap it around the cat in order to keep it still without getting hurt yourself. Thick work gloves may also be helpful. Gripping the scruff securely with one hand (supporting the body with the other) can help protect yourself and the cat.



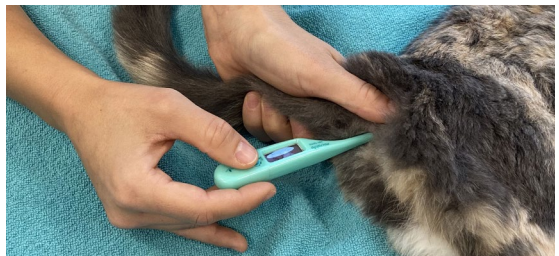
For safe transport of the cat, use a sturdy transport box. Note: Ideally, you should be able to easily remove the upper half of the transport box, so you do not have to pull the cat out of the basket.

Checking vital signs

There are four primary vital signs: temperature, pulse/heart rate, respiratory rate and mucosa. Checking these is a simple way to quickly record the cat's vital signs.

Temperature

A cat's body temperature is measured rectally. Use a digital thermometer, as these are easier to use and read than traditional mercury models. Coat the tip of the thermometer with petroleum jelly, margarine or another lubricant. Lift the tail, carefully insert the thermometer tip into the cat's anus until the tip is completely in. If necessary, have another person hold the cat in place.



Respiratory rate

Checking the breath rate takes some practice. Try to practise this regularly on a healthy, calm cat. Count the breath for 15 seconds and multiply the result by four to calculate the rate per minute, watching the chest rise and fall. This way, in an emergency, you can quickly tell if the cat is breathing faster, slower, irregularly, or perhaps not at all. If breathing is weak, the chest movement may be barely visible. In such cases, hold a mirror (or glasses or smartphone) in front of the cat's nose; if the glass fogs up, the cat is still breathing. In addition, you can also hold your ear to the cat's nose to hear or feel the breath.

Note: Cats often purr quietly when in a stressful situation. In such a case, the chest will also rise and fall very quickly and may be mistaken for respiratory distress or breathing too fast!

Pulse and heart rate

Finding and feeling the pulse is not that straightforward and will take some practice. You can take the pulse while your cat is either standing or lying down. The most reliable way to feel the pulse is on the artery on the inside of the hind leg. Using your fingertips with only light pressure, try to find the artery and feel for the pulse. Place your flat hand on the inside of the thigh, your thumb resting on the cat's knee. Pull your hand back slowly until you can feel the artery with its pulsating motion with your fingertips, applying only light pressure. At the same time, pay attention to the regularity and strength of the pulse.

Tip: 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 cat's.

To check for your cat's characteristic arrhythmic (double) heartbeat, place your ear close to the rib cage on the left side of the body just behind the front leg.

Tip: To find the heart more easily, use the elbow of the left front leg as a point of reference; the heart is at this level in the rib cage, almost resting on the sternum. This is easiest to do when the cat is lying on its side. Or place your hand under the cat's rib cage and feel for the heart.

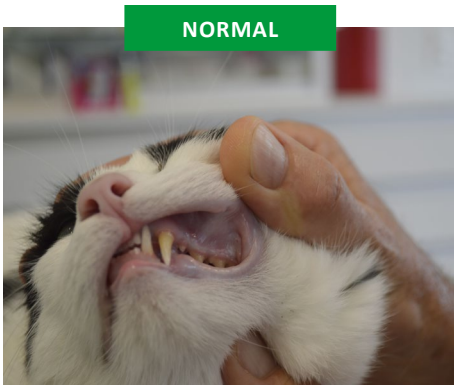


Mucous membranes

You can assess your cat's circulation to a relatively high degree of certainty based on two criteria: assessment of the mucosa colour and establishing of the capillary refill time (CRT).

The normal colour of the mucous membranes is pale pink to pink. Pale or white mucous membranes indicate circulatory shock, anaemia, acute stress, or low blood pressure. Very red mucous membranes indicate poisoning or septic shock. Bluish mucous membranes indicate respiratory distress, heart disease, certain poisonings or hypothermia, and usually require immediate action. Yellowish mucous membranes may indicate a severe liver problem and are a sign of jaundice. This can occur with haemolysis (destruction of red blood cells), liver disease and/or bile leakage, and sepsis (blood poisoning).

Any change in colour of the mucous membranes should be urgently checked with a veterinarian.



The blood supply to the mucous membranes can be tested by determining the so-called capillary refill time (CRT): Press a finger on the gums and pull it away again. With the pressure, you displace the blood from the small blood vessels. After two seconds pressure, remove your finger and observe how many seconds it takes for the white, bloodless spot on the mucosa to return to its original colour. This is how you determine the CRT. If the mucosa is intact, the CRT takes about two seconds. If it takes longer, this is an indication of reduced blood flow to the periphery of the body.

SYMPTOMS INDICATING AN EMERGENCY

If you notice the following symptoms, take your cat to the nearest veterinarian immediately:

- Shortness of breath or respiratory failure, increased respiratory rate
- Breathing through the mouth or panting
- Profuse bleeding
- Pale or very red or yellowish mucous membranes
- Elevated or low body temperature (above 39.2°C or below 37.5°C)
- Apathy (listlessness)
- Unconsciousness
- Staggering
- Shaking or shivering
- Convulsions that do not stop on their own within two to three minutes
- Signs of paralysis
- Bloating abdomen
- Colic
- Violent vomiting
- Diarrhoea (watery or bloody stools and/or persistent diarrhoea)
- Absence of urine or faeces
- Continuous excessive drinking

RESPIRATORY OR CARDIAC ARREST (ABC METHOD)

In case of respiratory or cardiac arrest, immediate action must be taken. The cat usually struggles to breathe, may have an open mouth and or be panting, stretching the neck forward and the tongue may turn bluish. Later, the animal may collapse, become unconscious and suffocate unless immediate help is provided. This is where the **ABC** method comes in handy (Airways, Breathing, Circulation).

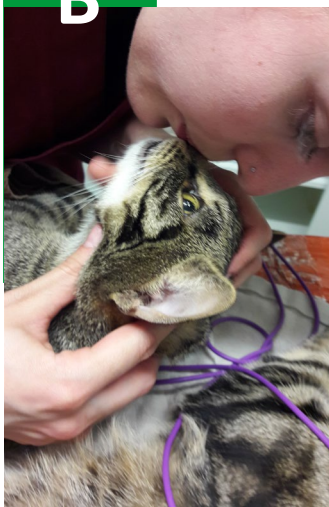
Caution: Before using the ABC method, carefully check whether the cat really is unconscious. If it is not, there is a high risk of being bitten and scratched in the face, especially during mouth-to-nose resuscitation. Remember, the cat is under stress at this moment and will not react as usual.

Airways

Clear the airways by opening the cat's mouth wide and pulling out the tongue. Observe the chest. If it rises and falls, the cat is still breathing. If you don't see any chest movement, check for breathing using a mirror (or glasses or a smartphone). If the glass does not fog up, listen for or feel for a heartbeat on the chest. Check to see if the pupils are dilated (wide open) and unresponsive. If the animal shows a weak reaction or no reaction at all, artificial respiration must be started immediately.



B



Breathing

To get enough air into the cat's lungs, the cat's mouth should be included during resuscitation, as the nose alone could be too small or injured by an accident. To do this, pull the tongue out of the cat's mouth, enclose the mouth with your hand and close it gently, but not completely, so as not to injure the tongue. Now breathe through the cat's nose and mouth. For each respiration, blow two short breaths in succession into the cat's nose, followed by a short pause, then two breaths again, followed by a pause and so on. Continue this procedure until the cat is breathing on its own again. A few breaths are often enough to restimulate the cat's breathing. The cat's chest should rise without arching too much.

Caution: Remember, cats have small lungs. Excessive respiration can damage the lung tissue.

Circulation

In case of cardiac arrest, try to save the cat's life by means of cardiac pressure massage. You must be absolutely certain that the heart has stopped beating before attempting this! A cardiac pressure massage must never be performed on a beating heart (danger of causing cardiac arrhythmia!).

Grasp the cat's chest from below with your hand and then compress the chest. Do not be too gentle, the pressure should be applied firmly. After all, the cat can continue to live with a cracked rib at worst, but not with a non-beating heart!



Shock is a life-threatening condition caused by accidents or illness; the term “shock” is used to describe a reduced blood supply to the body which results in a lack of oxygen supply to tissues and organs. When a state of shock develops, the body simultaneously attempts to maintain a minimum supply of oxygen to the vital organs (e.g., abdomen, heart, and brain) by minimizing blood flow to limbs and body surface and by directing peripheral blood volume to the centre of the body. As a result, the mucous membranes become pale and the limbs cold. If normal blood flow throughout the body is not restored, permanent and life-threatening organ damage will develop due to a lack of oxygen supply to the tissues. Recognition and treatment of shock must always take top priority in first aid measures. If you suspect your cat is suffering from shock, contact your veterinarian immediately.

The factors that trigger a shock can vary. However, the following shock symptoms are almost identical and can occur individually or in combination:

- Due to fluid loss (e.g., severe vomiting or diarrhoea) or bleeding (hypovolemic shock)
- Due to heart failure, cardiac arrhythmias or cardiac insufficiency (cardiogenic shock)
- Due to metabolic disorders such as diabetes mellitus (diabetes), thyroid dysfunction, adrenal disorders
- Due to external toxins (e.g. heavy metal poisoning, drug poisoning) or internal poisoning (e.g. urine poisoning)
- Due to severe bacterial infections, especially in young animals (septic shock)
- Due to severe allergies (anaphylactic shock)

Lay the cat on its side (ideally with its head stretched out). Initial measures for shock include checking breathing and heart activity, stopping severe bleeding, testing capillary refill time (CRT) and immediately taking the cat to the nearest veterinarian or animal hospital.

INJURIES & HAZARDS

Bite wounds

Bite wounds are often difficult to spot externally. Trim any fur near the wound and remove any embedded dirt. Disinfect the wound generously. Bite wounds inflicted by other animals may look harmless on the surface, but the injury is often serious in depth and a veterinarian should be consulted urgently. The risk of infection should not be underestimated either. Bite wounds inflicted by other cats, for example, often lead to severe, festering wounds or abscesses if they are not treated immediately.

Cuts or lacerations

Most injuries occur on the paws. The cat usually shows this by limping or holding up its paw. Small injuries should be disinfected and further observed - they usually heal quickly. Larger injuries must be cleaned and sutured as soon as possible. If the wound is bleeding heavily, you will need to stop the bleeding with a pressure bandage before heading to the veterinarian.

Broken or torn off claws

A broken or cracked claw is usually not an acute emergency, just unpleasant or somewhat painful for the cat. It will constantly lick the affected area, which can lead to skin reactions and inflammation in the long run. Cut off the broken part of the claw (be careful to not cut into the blood vessels!) and trim the surrounding hair. If the cat won't allow you to do this, get a veterinarian to do it.

A torn off claw, on the other hand, is extremely painful for the cat. It will bleed heavily and must be treated by a veterinarian, especially to avoid infection. Wash the wound with a disinfectant solution and dry the area well. If necessary, bandage the area until the cat can be presented to the veterinarian.

Fractures and sprains

Fractures are often accompanied by (internal) blood loss, which can lead to shock. Symptoms include pain, swelling, possible disfiguration up to the loss of function of the limb. In an open fracture, the skin around the fracture is broken and pieces of bone and tissue are visible. In the case of open fractures or if the limb is hanging loosely, and provided the cat lets you do this, carefully apply a dressing (possibly with a splint). Only try this if you feel confident because making a mistake could cause more damage. If the cat is walking on three legs, there is no need for a bandage. Fractures and sprains require veterinary attention. When transporting your cat, safely secure it and never lie it down on its injured side.

Burns and acid burns

An open fire, closed heat sources (cooker/stove, hot plate), chemicals or electric shocks can all cause burns or acid burns. Immediately cool the affected area with cold water or wet, cold compresses for 15 to 20 minutes. Do not place ice packs or cold packs directly on the skin (cold burns!) - wrap them in a towel first. If there is an open wound, do not cover it. Be careful not to cause hypothermia by reducing the overall body temperature too far. Flush acid burns on the eye with water for as long as possible. Take the patient to the veterinarian for further treatment.

If chemicals are the reason for the injury, tell the veterinarian. Identify the substance and take it with you if possible. This can help ensure that the proper measures are taken immediately. In addition to the burn or acid burn, chemicals can also lead to poisoning.

Foreign object

The measures taken depend on the type of foreign object and area impacted. If the foreign object is in the eye, you can try flushing it out with clean, cold water or a sterile rinsing liquid, or gently dab it out of the eye with a soft, lint-free cloth. However, if the foreign object is stuck or has injured the eye, leave it as is and take the cat to the veterinarian. Prevent the cat from scratching its eye.

If the foreign object is stuck in the throat, the cat will try to get it out of its mouth with its paw. It may gasp for air or pant and salivate heavily. Take your cat to the vet for further clarification.

If the foreign object is visible in the throat and has not injured any tissue, remove it immediately. Objects that have slid far back or are stuck can be removed only if the cat stays calm.

Injuries caused by foreign objects deeply lodged in the cat's skin or tissue are a genuine emergency. Never attempt to remove these yourself because pulling them out may worsen the injury or cause great blood loss. The foreign object may block the wound reducing blood loss. Stabilise the foreign object as much as possible, for example with two bandage rolls, pad everything well and take the patient to the veterinarian immediately.

Insect bites

After an insect bite, cats will often display symptoms such as restlessness, licking, sensitivity to pressure, meowing or whimpering. The affected area is likely to swell and will therefore be well visible. In case of a sting in the throat, shortness of breath, gagging and coughing are also present. If the stinger is still stuck in the skin, remove it completely with tweezers and cool the swelling. If the cat has been stung in the throat, offer cold water and cool the area externally as well. In case of severe discomfort or reaction and known allergies, take your cat to the veterinarian immediately.

Heat stroke / heat collapse

Remember: cats cannot sweat! They regulate body temperature by panting and only release a small amount of heat through their paws and ears. If cats cannot cool down properly in high temperatures, their heat regulation will be affected. On hot days with insufficient shade, their body temperature can rise to values above 40°C, causing overheating. At first, the cat will be restless and seek shade, be thirsty and start panting to release heat from the body. Then it will become lethargic, apathetic, may vomit, get palpitations and lie on its stomach or even pass out.

If you suspect that your cat has suffered a heat stroke, immediately take it to a cool place (in the shade or indoors), offer it water (body temperature if possible) and cool the body by wrapping it in wet, cold towels or giving it a cool (not cold!) shower; always start with the limbs. Avoid cooling the cat down too quickly, as this can lead to circulatory collapse. Under no circumstances should you cool a cat using ice. Take your cat to the veterinarian immediately.

Hypothermia and frostbite

Although cats tend to avoid the cold, hypothermia and frostbite can still occur. Cold temperatures can be dangerous for cats and should not be underestimated. A hypothermic cat will shiver, its heart rate will increase, movements become sluggish and stiff, and it may even show signs of paralysis or muscle rigidity. Its mucous membranes are noticeably pale, there may be impaired consciousness, and reflexes slow down or stop altogether.

For mild hypothermia, encourage circulation by rubbing and massaging the cat dry, and move it to a warm and protected place wrapped in a blanket. Use a heating/insulation pad if necessary and monitor body temperature. Usually the four-legged friend recovers quickly, and no further steps are necessary.

In the case of severe hypothermia (<37°C and with significant impairment of the cat's overall condition), dry the cat very gently (as if you were handling a fragile uncooked egg without breaking it). Wrap the cat in a heating/insulation blanket and move it as little as possible. Check the cat's breathing and heart activity and if necessary, initiate resuscitation measures and contact a veterinarian immediately.

You can recognize frostbite by the numbness and pallor of the affected tissue. Frostbite is divided into four degrees:

- 1st degree: redness, swelling, cat shows pain
- 2nd degree: blister with reddish fluid, cat 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

Stop the cat from licking or gnawing on the affected area. Treat frostbite with cold water first and then slowly increase the water temperature after a few minutes. The important thing to remember when warming up cats is to not do it too quickly: the rule of thumb is a steady increase of half a degree per hour. Apply a bandage with a lubricating ointment. After initial stabilization, take the patient to the veterinarian immediately.

Seizures

Seizures can have very different causes. Not only epilepsy causes seizures with loss of consciousness.

Epilepsy manifests itself in seizures with loss of consciousness and convulsions. These seizures are often accompanied by unintentional urination or defecation. Epilepsy is usually a disorder of electrical impulse transmission in the brain. With some heart diseases, poor heart pump action can cause fainting, which may look similar to an epileptic seizure. In this case, however, the animals rarely defecate or urinate. With kidney and liver disease, the accumulation of toxins in the body can also cause seizures with loss of consciousness. With diabetes, excessively high blood sugar levels can cause seizures or even unconsciousness, as can hypoglycaemia (glucose deficiency).

If the cat is unconscious, but not convulsing, examine it using the four primary vital signs and initiate the appropriate measures as a result. Contact your veterinarian if the cat does not recover.

In cases of a one-time seizure, the animals usually recover quickly and do not require any further measures. If the cat has another seizure over the next few days to weeks, then it needs a thorough examination by the veterinarian. If the cat has a seizure, prevent further injury by positioning the cat safely on a soft surface. If possible, slide a small piece of wood between the upper and lower jaws to prevent it from biting its tongue.

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

After an epileptic seizure, many cats take some time to recover (up to 1-2 hours). Immediately after the seizure, many cats appear confused, disoriented, some wander around, others cower or show some other unusual behaviour. Some are also aggressive and others are even temporarily blind. Make sure that other animals and people are a bit more cautious at this stage. The cat will be afraid and unsettled; it may react in an unusual way and may also bite. Therefore, it should be left alone, but remain under observation.

Episodes of pain in orthopaedic problems (for example hip joint dysplasia, cruciate ligament rupture, elbow joint dysplasia, cartilage formation disorder or dislocated kneecap) can exhibit similar symptoms to seizures due to other causes but the cat will usually have shown in advance that it is in pain by being lame. Have the cat thoroughly examined by a veterinarian.

Drowning

Basically, cats avoid the water. Again and again, however, cats fall into unsafe waters and as swimming is strenuous, the animals tire quickly and unexpectedly sink. Rescue them immediately, wrap them in a bath towel and keep them warm. When drowning, the cat inhales water due to panic. If it is rescued from the water, it may stop breathing or have blue mucous membranes or tongue. Therefore, lift the cat by its hind legs for 10-20 seconds so that its head is below chest level to help drain water from its lungs. Gently rock them back and forth to help drain water from the lungs, then lie them down with the back half of the body slightly higher than the head. Remove any foreign objects from the cat's mouth and pull the tongue forward. Stimulate breathing by rubbing over the ribs and sternum region. If the cat is unconscious, not breathing, or you observe cardiac arrest, immediately apply the ABC method. If the cat has been in very cold water, rub it thoroughly dry and wrap it in a blanket or jacket. When the cat starts breathing again, monitor its body temperature and take it to the veterinarian immediately.

Poisoning

Poison can be absorbed not only through the mouth, but also through the nose, mucous membranes, and skin. Symptoms vary greatly depending on the poison and include foaming, salivating, vomiting, diarrhoea, gastrointestinal disorders, convulsions, impaired reflexes, impaired consciousness, vibrating tactile hairs, acid burns, and unconsciousness. In most cases, the animal's overall condition will deteriorate very rapidly. If the cat shows one or more of these symptoms, quick action is usually called for. Offer the cat water and clear the airway (e.g., of vomit), wash off harmful substances on the skin with dishwashing liquid, and if the cat is conscious, give it a charcoal suppository or pills. Do not administer emetics or give „home remedies“ or human medicine without consulting a veterinarian. If possible, take any suspicious leftovers, poisonous plants or medication, including packaging, with you to the vet surgery. If you are unsure whether the product is toxic to the animal, or if the veterinarian is unavailable, the Toxicological Institute can often help (call 145 within Switzerland or check the number for the country you're in).

Injuries due to tilting windows

Sadly, it is not uncommon for cats to become trapped in tilting windows – a kind of emergency that could so easily be prevented by securing the windows properly. A cat that is stuck in a tilting window will wriggle to free itself, causing it to slide deeper and deeper into the window gap. This will cut off circulation to the nerves and blood vessels in the hind legs; internal organs may be injured and it will not take long for a life-threatening circulatory disorder to occur. Free the cat immediately and take it to the veterinarian right away. Lift the cat out of the window gap carefully, ideally with the help of another person, protecting yourself from being bitten or scratched by the panicking cat.



BANDAGE APPLICATION

Putting a bandage on a cat takes practice - many cats do not tolerate bandages and try to remove them as soon as possible. The procedure is the same for all bandages:

1. Clean and disinfect the wound (if necessary, carefully trim the area with a clipper/trimmer beforehand), wearing disposable gloves if possible.
2. Cover the injury with a sterile wound dressing (e.g. gauze bandage)
3. Apply padding (padding bandage, e.g. cotton)
4. Fix dressings with a bandage, working from the bottom to the top.

In terms of dressing material, you will need a wound dressing, a padded bandage, a fixation bandage and scissors. Simple tools can be used to reinforce a dressing if necessary. For example, make a bandage splint from a rolled-up magazine or use an old T-shirt for an abdominal or chest bandage.

Caution: A bad or incorrectly applied bandage can do more harm than good! The same applies if the animal resists strongly or becomes agitated while you try to apply the bandage. If this happens, do not use a bandage.

Simple dressing for paws

If a cat has cut the pad of its paw, the wound must be protected from pressure, dirt and licking to encourage healing. A simple paw bandage will serve this purpose, provided the cat tolerates it. To apply it, firmly hold the cat's paw. Place the dressing and the padding bandage around the entire paw and secure everything with the fixation bandage (self-adhesive bandages are the easiest to use). Make sure that the fixation bandage is not wrapped all the way over the padding to avoid congestion of blood in the leg/paw. The bandage should also not be too tight, otherwise the blood supply will be cut off.



Pressure bandage

An external wound that is bleeding profusely can result in high blood loss and shock. The cat will need to be seen by a veterinarian straight away. To stop the heavy bleeding and counteract the blood loss, apply a pressure bandage immediately: Take a bandage packet, gauze bandage or a clean piece of cloth (not cotton) and place it directly on the wound. Wrap the dressing several times with a bandage. Stopping the bleeding is more important than worrying about possible contamination of the wound, because the cat can bleed out very quickly. To create more pressure, you can place an object of the appropriate size on the wound and wrap it with it. If the pressure bandage bleeds through, do not remove it, but place a second pressure bandage over it.

Caution: The bandage must not interrupt blood circulation for more than 30 minutes. It should not be applied too tightly, otherwise blood congestion will occur. If this happens, it is essential to loosen the pressure bandage and re-apply more loosely. Large gaping wounds must be sutured within the first six hours.

Tourniquet

If applying a pressure dressing is not possible due to the wound bleeding too profusely, start by applying a tourniquet to immediately stop the blood loss. This involves tying off the entire limb. Please note that this may only be done for a maximum of 30 minutes, otherwise tissue damage may occur. The tourniquet is a temporary solution to enable you to apply the required pressure bandage. The nearest veterinarian must then be consulted without delay.



ADMINISTERING MEDICATION

Administering medication to a cat can be a bit of a challenge and will depend to a significant degree on the cat's nature; a fussy, sensitive cat is more likely to eat around a tablet rather than gobble everything down at once. We have put together some practical tips for you.

Pills

Most pills are made specifically for cats and dogs and taste of fish or chicken to make the tablet administration easier.

There are three ways to give your cat a pill:

1. The hidden pill: You can hide the pill in a treat. There are special soft snacks that are great to put the pill in. Ask your vet about this.
2. The whole pill: You can give the pill by hand or using a "pet-piller" device to avoid getting bitten. Drop the pill in the cat's mouth, then use your hand to close its mouth and keep it closed; now gently massage the throat to stimulate the swallowing reflex. Check whether the cat has actually swallowed the pill!
3. The liquefied pill: Some tablets can be crushed and dissolved in some liquid. This liquid can then be injected directly into the mouth using a syringe (without a needle). Attention: Ask your veterinarian if a pill is suitable for this purpose, as some pills must be given in one piece.



Liquids and pastes

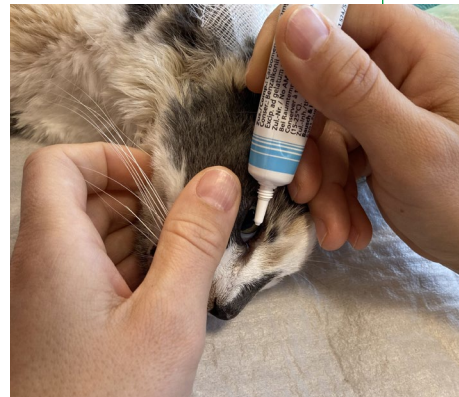
If the cat won't take liquid medication reliably with its meals, (e.g. mixed into the food) or if the medication needs to be taken more frequently between meals as well, a syringe (without needle) can be used.

Tip: Place the syringe on the side of the lower jaw, then use the tip to gently push the lower and upper jaw apart and then administer small amounts into the mouth at a time until everything has been fully ingested. Administer the liquid bit by bit to allow the cat to swallow. Never administer medication to a sleeping cat because of the risk of choking!

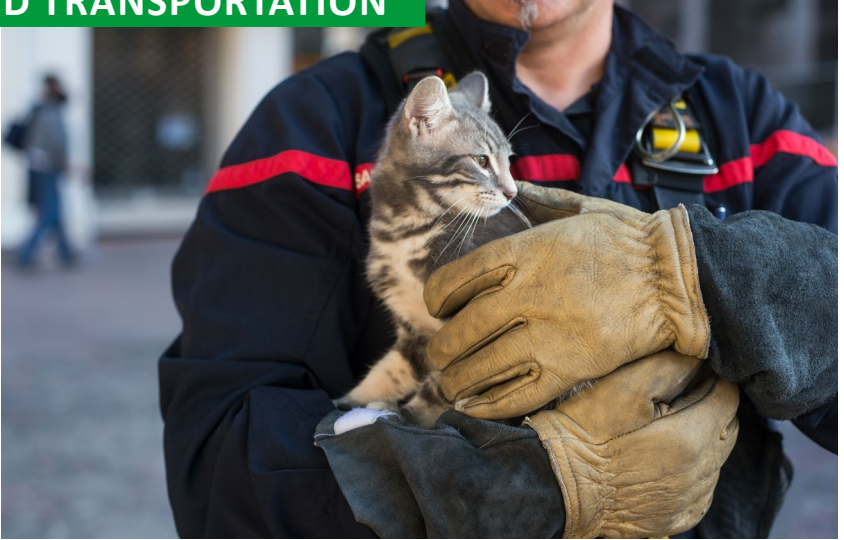
Eye drops/eye ointment

Prepare the product and hold the cat firmly to prevent it from running away (e.g. kneel down and sit on your heels, hold the cat with its backside facing you between your legs/knees so that both your hands are free). Make sure that the tip of the bottle/tube does not come into contact with the patient's skin or hair or your own fingers, as this will allow germs to enter the liquid and contaminate it, affecting the medication's effectiveness. In addition, the germs will get into the injured eye. For drops or eye ointment to reach the eye or the conjunctival sac of the eye, it is helpful if you tilt the cat's head upwards so that you can apply the ointment to the eye from above. It is sufficient if the medication gets between the upper and lower eyelids, it does not necessarily have to be placed in the conjunctival sac as in humans.

Tip: Make sure that the hand with which you administer the medication is also in contact with the cat's head to prevent injury to the eye by the tube/bottle tip if the cat starts wriggling. Hold the cat's head in place with your other hand and try to open the eyelids a little. Make sure that the tip of the tube is held parallel to the eye and not pointing at the eye like an arrow.



RESCUE AND TRANSPORTATION



Important: Always keep in mind that the rescue and transport of the injured cat should not worsen its situation. In the event of a traffic accident with a cat on the road, always take your own safety and that of other road users into consideration first. Take into account the given road and traffic conditions, park your vehicle accordingly, secure the accident site (hazard warning lights and warning triangle) and wear a high visibility vest.

Try to assess the situation first. Injured cats may panic, be in pain and therefore bite and strike uncontrollably. Wear gloves if possible and keep your face at a protected distance from the animal. Approach the injured cat cautiously by talking to it reassuringly and watching it.

If the victim is agitated or even aggressive, throw a blanket over it and try to wrap it tightly in it so it can't fight back. Carefully remove the cat from the danger zone. Support the body while doing so and avoid any twisting, because you don't know if the animal has internal injuries or fractures. Gently place the cat on a firm surface. If available, carefully lift it into a transport box. Make sure the cat is lying safely for transport. Make sure it is sufficiently warm until you arrive at the veterinarian's office.

KEY FACTS AT A GLANCE

Important telephone numbers

Veterinarian: _____

Veterinary emergency number: _____

Animal rescue service: _____

Animal Hospital: _____

Emergency contact: _____

Profile of my cat

Name: _____

Gender: _____

Neutered: _____

Year of Birth: _____

Breed: _____

Weight: _____

Micro-chip: _____

Vitals in normal condition

Body temperature: _____

Respiratory rate: _____

Pulse: _____

General

Known allergies: _____

Surgeries: _____

Medication: _____



Four primary vital signs:

- Temperature
- Breathing
- Pulse + heartbeat
- Mucous membranes

Reminder «ABC» method:

- **A**irways
- **B**reathing
- **C**irculation (blood circulation)

Resuscitation:

Never perform a cardiac pressure massage on a beating heart! Alternate 10 compressions followed by 2 breaths through nose/mouth. Do not stop until 10 minutes have elapsed.

Symptoms state of shock:

- General weakness, reluctance or inability to move, unconsciousness
- 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 (gastric dilatation volvulus):

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

Emergency first aid kit contents:

- | | | |
|---------------------|-------------------------------|-----------------------------------|
| ■ Dressing material | ■ Disinfectant | ■ Digital thermometer |
| ■ Scissors | ■ Sterile rinsing fluid | ■ Diarrhoea medication |
| ■ Tweezers | ■ Tick tweezers | ■ Hot and cold pack |
| ■ Wound ointment | ■ Sterile disposable syringes | ■ Emergency drops (Rescue Remedy) |
| ■ Pet-pillar device | ■ Disposable gloves | ■ Heat/isolation pad |

FURTHER NOTES



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