Cat First Aid Checklist

A cat-specific checklist to help owners respond to wounds, possible poisoning, and breathing trouble and know when to call the vet.

Be Prepared

- [ ] Save your vet and nearest emergency hospital numbers
- [ ] Keep a pet poison helpline number handy
- [ ] Stock and check a cat first aid kit
- [ ] Learn your cat's normal breathing and gum color
- [ ] Keep a carrier and towel within easy reach
  Program emergency numbers into your phone in advance

Approach & Handling

- [ ] Move slowly and speak in a soft, calm voice
- [ ] Wrap a frightened cat gently in a towel if needed
- [ ] Support the body and avoid sudden movements
- [ ] Watch for signs of fear, pain, or aggression
- [ ] Protect yourself from bites and scratches
  An injured cat may lash out even if usually gentle

Wounds & Bleeding

- [ ] Apply gentle, steady pressure with a clean cloth
- [ ] Hold pressure rather than checking repeatedly
- [ ] Keep your cat calm and limit movement
- [ ] Note bite wounds, which can hide deep damage
- [ ] See a vet for deep, dirty, or heavy bleeding
  Heavy or spurting bleeding is an emergency, so go at once

Suspected Poisoning

- [ ] Note the substance and amount; keep the packaging
- [ ] Do not induce vomiting unless a vet directs it
- [ ] Keep your cat away from the source
- [ ] Watch for drooling, tremors, or vomiting
- [ ] Call a vet or poison helpline immediately
  Many plants and household items are toxic to cats

Breathing Trouble

- [ ] Look for open-mouth or rapid, labored breathing
- [ ] Check gums for a blue or pale color
- [ ] Keep your cat as calm and still as possible
- [ ] Avoid stressing or restraining too firmly

- [ ] Rush to emergency care without delay

Transport to the Vet

- [ ] Place your cat gently in a secure carrier
- [ ] Support an injured body and avoid twisting
- [ ] Keep the carrier warm, dark, and quiet
- [ ] Call ahead so the clinic can prepare
- [ ] Bring any packaging, medicines, or samples

Important

- [ ] This checklist is general information for owners, not veterinary advice; first aid does not replace professional care, so always consult a licensed veterinarian

  In any emergency, contact your vet or an emergency animal hospital immediately