

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