

# Pet First Aid Checklist

A checklist to help pet owners respond calmly to common emergencies and know when to call the veterinarian right away.

## Stay Ready

- ☐ Save your vet and nearest emergency hospital numbers
  - ☐ Keep a pet poison helpline number handy
  - ☐ Stock and check a pet first aid kit
  - ☐ Know your pet's normal breathing and gum color
  - ☐ Keep a carrier or towel accessible at all times
- Program emergency numbers into your phone in advance

## Assess the Situation

- ☐ Stay calm and keep yourself safe first
  - ☐ Approach slowly and speak in a soothing voice
  - ☐ Check if your pet is breathing and responsive
  - ☐ Look for bleeding, injuries, or distress
  - ☐ Call your vet to describe what you see
- Use a towel or muzzle if a frightened pet may bite

## Bleeding & Wounds

- ☐ Apply gentle, steady pressure with a clean cloth
  - ☐ Keep pressure on rather than peeking repeatedly
  - ☐ Cover the wound loosely once bleeding slows
  - ☐ Keep your pet calm and limit movement
  - ☐ Get to a vet for deep or heavy bleeding
- Heavy or spurting bleeding is an emergency, so go at once

## Choking & Breathing Trouble

- ☐ Look for pawing at the mouth or struggling to breathe
- ☐ Open the mouth and remove a visible object if you can
- ☐ Avoid pushing an object deeper into the throat
- ☐ Keep airways clear and the pet as calm as possible
- ☐ Rush to emergency care for ongoing breathing trouble

## Poisoning & Heat Emergencies

- ☐ Note the substance and amount; keep the packaging
  - ☐ Do not induce vomiting unless a vet directs it
  - ☐ For overheating, move to shade and cool air
  - ☐ Offer small sips of water if your pet is alert
  - ☐ Call a vet or poison helpline immediately
- Do not give human medicines to your pet

## Transport to the Vet

- ☐ Support the body and avoid twisting an injured area
- ☐ Use a carrier, board, or blanket as a stretcher
- ☐ Keep your pet warm and calm during the trip

- ☐ 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