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