



**American
Red Cross**

Cat and Dog First Aid

Leader's Guide

Acknowledgments

The Cat and Dog First Aid presentation and supporting materials were developed through the dedication of both employees and volunteers. Their commitment made this program possible.

The materials used to develop this presentation were drawn from American Red Cross Preparedness and Health and Safety Services materials current at the time of release.

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Section A: Overview

PRESENTATION HIGHLIGHTS

PURPOSE

The goals of the Cat and Dog First Aid presentation are to teach participants how to be prepared for emergencies that involve a cat or a dog and how to protect themselves and the animal from further harm, injury or suffering during emergencies by teaching prompt, effective first aid actions and care.

First aid for cats and dogs is the immediate and temporary care given to an injured animal until it can be taken to a professional veterinarian for medical care and attention. Cat or dog “first aid” should not be confused with “pet care.” Many excellent books are on the market that give the pet owner advice on how to choose, feed and otherwise take good day-to-day care of a pet.

LEADER REQUIREMENTS

There are no formal requirements to be a Pet First Aid leader; however, individuals with a background in teaching American Red Cross first aid and CPR courses or in veterinary medicine, such as veterinarians or veterinarian technicians, would be ideal Pet First Aid leaders.

TARGET AUDIENCE

- Animal regulation personnel and volunteers
- Pet groomers
- Pet owners
- Pet rescue organizations
- Pet sitters
- Pet store owners and employees

PARTICIPANT PREREQUISITES

There are no prerequisites to participate in the Cat and Dog First Aid presentation.

DESIGN AND LENGTH

Cat and Dog First Aid is presented in **approximately 3 hours, 20 minutes**. The time is based on a leader-to-participant ratio of 1:10. Presentation times may be affected by—

- Experience, abilities and skills of the participants.
- Needs, interests and desires of the participants.
- Number of participants.
- Amount of equipment and supplies.
- Experience, abilities and skills of the leader.
- The addition of breaks and optional activities.

COURSE OBJECTIVES

By the end of this presentation, participants will be able to—

- Name items that belong in a pet first aid kit.
- Name appropriate pet supplies that should be included in an emergency preparedness kit.
- Explain what should be considered when making a plan for their pets in the event of a disaster that requires evacuation.
- Understand the importance of knowing the normal physical condition, behaviors and habits of their pets.
- Identify a normal heart and pulse rate, breathing rate and body temperature of cats and dogs.
- Describe how to safely approach an ill or injured cat or dog.
- Demonstrate how to safely capture and restrain a cat.
- Demonstrate how to safely muzzle a dog.
- Explain how to check a cat or dog that appears to be having a first aid emergency.
- Describe how to check an unconscious cat or dog for breathing and cardiac emergencies.
- Describe how to give rescue breathing to a cat or dog.
- Describe how to perform CPR on a cat or dog.
- Describe how to care for a cat or dog that is choking.
- Describe how to care for shock for a cat or dog.
- Describe how to provide basic wound care and control bleeding for a cat or dog.
- Describe how to provide care to a cat or dog with a sprain or strain.
- Describe how to care for a cat or dog with a suspected fracture.
- Describe how to care for a cat or dog with a suspected back or neck injury.
- Describe how to care for a cat or dog suffering from a burn.
- Describe how to care for a cat or dog involved in a car accident.
- Describe general care for a cat or dog with a sudden illness.
- Describe how to care for a cat or dog that has a seizure.
- Describe steps for caring for a cat or dog that has been poisoned.
- Describe how to care for a cat or dog suffering from a cold- or heat-related emergency.

MATERIALS, EQUIPMENT AND SUPPLIES

A complete list of materials, equipment and supplies is located in Section B: Teaching Tools, in Presentation Notes and at the beginning of each lesson.

Cat and Dog First Aid Leader's Guide

The *Cat and Dog First Aid Leader's Guide* (available on CrossNet) helps leaders plan, prepare for and conduct the presentation. It includes administrative information, a detailed lesson plan, leader resources and handouts to support the presentation.

Cat First Aid Book and DVD Set or Dog First Aid Book and DVD Set

The *American Red Cross Cat First Aid* book and DVD set (StayWell Stock No. 657781) or the *American Red Cross Dog First Aid* book and DVD set (StayWell Stock No. 657780) can be used as a reference during and after the presentation, to refresh and expand knowledge and for use in an emergency. Both books are compact and easy to store in convenient places, such as a glove compartment or a first aid kit. The DVDs support the presentation by showing standardized

demonstration of skills. Provide one book and DVD set (either *Cat First Aid* or *Dog First Aid*) to each family, based on their preference. Extra copies of both of the book and DVD sets should be made available to participants for purchase.

Pets and Disasters: Be Prepared Brochure

The *Pets and Disasters: Be Prepared* brochure (GSD Stock No. 321355) provides information for pet owners about the steps to take to be ready in case of disaster. Each family should receive a brochure.

Pet First Aid Kit

Supplies recommended for a well-stocked pet first aid kit are displayed for participants. A storage container should also be displayed.

Pet-Related Supplies for Emergency Preparedness Kit

Pet-related supplies that should be included in a family's emergency preparedness kit are displayed for participants. A storage container should also be displayed.

The American Red Cross offers a Pet First Aid and Emergency Preparedness Kit that is available for purchase at the Red Cross Store at www.redcross.org/store.

Training Manikins

Canine and feline training manikins are used in this presentation to give participants a more realistic experience in providing care. It is recommended that there be a mix of both canine and feline training manikins available for use in the class and that there be at least 1 training manikin for every 2 participants.

Breathing Barriers

There is a very low risk of transmitting disease between humans and cats or dogs. It is not necessary, or even reasonable, to use breathing barriers on cats or dogs in the event of an emergency. However, during training it is recommended that breathing barriers be used when giving rescue breaths to reduce the risk of disease transmission between humans. Face shields that are used when training on human CPR manikins can be used with canine and feline training manikins. It is recommended that every participant receive and use a face shield whenever giving rescue breaths on a training manikin.

Disposable Gloves

Disposable gloves are not required to be used by participants during skill sessions in this presentation. Although the risk of transmitting infection between humans and cats or dogs is very low, the use of nonlatex, disposable gloves is recommended when treating wounds to help keep the wound clean. Since this is not absolutely necessary, participants should not delay providing care to a pet if gloves are not available.

If participants learn how to use and remove gloves, it will add time to the presentation. Handouts may be given to participants on the steps to remove disposable gloves, (Section D.6) if desired. Disposable gloves are available in latex, vinyl or nitrile. Because some people are sensitive to latex and may have an allergic reaction (including itching, a rash or even trouble breathing), the

Red Cross requires that only vinyl or nitrile gloves be made available for use during presentations.

First Aid Materials

First aid materials required for this presentation are listed in the Presentation Notes section of this guide and at the beginning of each lesson.

Newsprint and Markers

To reinforce key points and to aid in stimulating participant responses, leaders are encouraged to record information on newsprint. If newsprint and markers are not available, you can use a chalkboard and chalk or a dry-erase board and markers. If none of these are available, participants may take notes.

American Red Cross Identification

As representatives of the American Red Cross, leaders should wear appropriate identification. Banners, posters and name tags or name tents should also be used during the presentation. This helps to identify the American Red Cross as the training agency.

HEALTH PRECAUTIONS AND GUIDELINES DURING TRAINING

The American Red Cross has trained millions of people in first aid, cardiopulmonary resuscitation (CPR) and automated external defibrillators (AEDs) using manikins as training aids. The Red Cross follows widely accepted guidelines for cleaning and decontaminating training manikins. If these guidelines are adhered to, the risk of any kind of disease transmission during training is extremely low. To help minimize the risk of disease transmission, leaders should follow some basic health precautions and guidelines during training. Additional information is available in Section D.1, Health Precautions and Guidelines During Training. This information should be provided to presentation participants.

Manikin Decontamination

It is vitally important to prevent the spread of infectious disease through manikin use. As such, manikins should be cleaned and disinfected carefully and consistently during class between participant use and also between presentations. Information on proper manikin decontamination is provided in Section C.1, Manikin Decontamination and Use. Consult your local Red Cross chapter on procedures related to decontamination of manikins between presentations if using canine or feline manikins owned by the chapter.

CERTIFICATION REQUIREMENTS

This presentation has no knowledge or skill assessments; therefore, there are no requirements for successful completion.

Awarding Course Certificates

Participants may be issued certificates (optional) using the *Has Completed Universal Certificates* (StayWell Stock No. 653998) indicating Cat and Dog First Aid. There is no validity period for the certificate.

SPECIAL NOTES

Caution: Never allow pets in the classroom, including your own.

An animal's behavior can become unpredictable when placed in an unfamiliar setting or when around unfamiliar people and other unfamiliar animals. Common sense, potential liability concerns and, above all else, the safety of our participants is of paramount concern to the American Red Cross.

The Cat and Dog First Aid presentation should be interactive and fun. Encourage participants to share their experiences with their own pets, especially when it is relevant to the information or materials being discussed. Limit "lecturing" whenever possible. Remember, pet owners love to talk about their pets. After all, that is why they are taking the class!

This presentation does not teach participants how to diagnose medical conditions or make recommendations of medications. If participants raise questions, concerns or need information on health or medical concerns relating to their own pets, refer them to their veterinarian for information. Also, local laws and regulations for animals and owners vary greatly from one jurisdiction to another. Questions about local regulations and procedures for a lost or injured pet or an animal in need of rescue should be referred to the local animal control or rescue agency. **Stay focused on basic first aid; avoid discussions on pet medicine, general pet care and legal issues.**

BEING AN AMERICAN RED CROSS LEADER

A leader is a responsible and mature individual who teaches American Red Cross courses or presentations for which an instructor authorization is not required. A leader for the American Red Cross must—

- Have knowledge or experience in the subject being taught.
- Be familiar with the American Red Cross and be able to provide participants with information about Red Cross services.
- Review all the presentation materials and complete the self-study or group orientation to the presentation materials as required by the program.
- Submit the Verification Form indicating either attendance at a group orientation or completion of a self-study.

The following information serves as an introduction to the International Red Cross and Red Crescent Movement and the American Red Cross. Leaders are representatives of the American Red Cross and should be informed about the principles, mission and general structure of the organization.

THE INTERNATIONAL RED CROSS AND RED CRESCENT MOVEMENT

The International Red Cross and Red Crescent Movement is the largest humanitarian, volunteer organization in the world, with more than 175 member countries. Seven guiding principles provide direction for the movement and all Red Cross and Red Crescent Societies must adhere to them.

Humanity

The International Red Cross and Red Crescent Movement, born of a desire to bring assistance without discrimination to the wounded on the battlefield, endeavors, in its international and national capacity, to prevent and alleviate human suffering wherever it may be found. Its purpose is to protect life and health and to ensure respect for the human being. It promotes mutual understanding, friendship, cooperation and lasting peace amongst all peoples.

Impartiality

It makes no discrimination as to nationality, race, religious beliefs, class or political opinions. It endeavors to relieve the suffering of individuals, being guided solely by their needs, and to give priority to the most urgent cases of distress.

Neutrality

In order to continue to enjoy the confidence of all, the Movement may not take sides in hostilities or engage at any time in controversies of a political, racial, religious or ideological nature.

Independence

The Movement is independent. The National Societies, while auxiliaries in the humanitarian services of their governments and subject to the laws of their respective countries, must always maintain their autonomy so that they may be able at all times to act in accordance with the principles of the Movement.

Voluntary Service

It is a voluntary relief movement not prompted in any manner by desire for gain.

Unity

There can be only one Red Cross or Red Crescent Society in any one country. It must be open to all. It must carry on its humanitarian work throughout its territory.

Universality

The International Red Cross and Red Crescent Movement, in which all Societies have equal status and share equal responsibilities and duties in helping each other, is worldwide.

AMERICAN RED CROSS MISSION

The American Red Cross is a humanitarian organization, led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement. It is the mission of the American Red Cross to provide relief to victims of disaster and help people prevent, prepare for and respond to emergencies.

History

What the American Red Cross does cannot be accomplished without our greatest resource—the people of the American Red Cross. The American Red Cross has many heroes—historical and modern day. Our most familiar hero is Clara Barton. Because of her devotion and dedication in founding the American Red Cross and supporting it throughout its early years, the organization has served Americans since 1881 in wartime and in times of peace during natural disasters and national calamities.

The spirit of volunteerism and community involvement continues with the employees and volunteers who make up the American Red Cross. Modern-day heroes of the American Red Cross are making a difference every day in their communities and around the world.

The American Red Cross Today

The American Red Cross is where people mobilize to help their neighbors—across the street, across the country, and across the world—in emergencies. Each year, in communities large and small, victims of some 75,000 disasters turn to neighbors familiar and new—the nearly one million volunteers and 35,000 employees of the American Red Cross. Through over 700 locally supported chapters, more than 15 million people gain the skills they need to prepare for and respond to emergencies in their homes, communities and the world.

Some four million people give blood—the gift of life—through the Red Cross, making it the largest supplier of blood and blood products in the United States. And the Red Cross helps thousands of U.S. service members separated from their families by military duty stay connected. As part of the International Red Cross and Red Crescent Movement, a global network of 181 national societies, the Red Cross helps restore hope and dignity to the world's most vulnerable people.

An average of 91 cents of every dollar the Red Cross spends is invested in humanitarian services and programs. The Red Cross is not a government agency; it relies on donations of time, money

and blood to do its work. For additional information, visit the Red Cross Web site at www.redcross.org.

STRUCTURE OF THE AMERICAN RED CROSS

Consistent with the seven guiding principles of the International Red Cross and Red Crescent Movement, the American Red Cross helps people prevent, prepare for and respond to emergencies. Volunteer leadership and guidance is provided to national headquarters by a Board of Governors. National headquarters of the American Red Cross provides direction and materials to the local Red Cross chapters. National headquarters reserves the right to control and monitor a chapter's operations, courses and use of materials to ensure quality and consistency with national goals and priorities.

Local chapters across the nation are chartered by the American Red Cross and are responsible for providing American Red Cross programs and services within their assigned jurisdictions. Most chapters have paid employees. However, typically the chapter is governed by a local, volunteer board of directors and primary service delivery is accomplished by volunteers. For additional information, visit the Red Cross Web site.

LEADER RESPONSIBILITIES

Your responsibilities as a leader when conducting the American Red Cross Cat and Dog First Aid presentation are to—

- Provide for the health and safety of participants by always ensuring the classroom is free of hazards.
- Be familiar with the course materials and audiovisual equipment, and know how to use them effectively.
- Plan and coordinate training with your local Red Cross chapter.
- Be familiar with Red Cross services and be able to provide participants with information on additional training opportunities and services offered by the Red Cross.
- Create a non-threatening environment that encourages participants to achieve the learning objectives.
- Adapt your teaching approach to match the experience and abilities of the participants.
- Be prepared to answer participants' questions or know where to find the answers.
- Submit a completed *Course Record* (F6418) and *Course Record Addendum* (F6418A) to the sponsoring Red Cross chapter within established timeframes.
- Abide by the obligations in the *Leader Agreement* and, if applicable, the *Authorized Provider Agreement*. These agreements are online at the Instructor's Corner: www.redcross.org/instructorscorner.

CHAPTER RESPONSIBILITIES

The local Red Cross chapter is responsible for providing the highest level of customer service. The chapter does this by—

- Providing the leader with evaluation and appropriate reporting forms.
- Communicating with leaders about new programs and volunteering opportunities.
- Providing administration support.

- Maintaining a current *Authorized Provider Agreement*, if applicable.
- Having needed materials and equipment available in a timely manner.

REPORTING PROCEDURES

At the conclusion of the presentation, complete the appropriate reporting forms and turn them into your local Red Cross chapter within established timeframes:

- If certificates are not issued, complete and sign the *Course Record*.
- If *Has Completed Universal Certificates* are issued, complete and sign the *Course Record* and *Course Record Addendum*.

Section B: Teaching Tools

PRESENTATION NOTES

MATERIALS EQUIPMENT AND SUPPLIES

- *American Red Cross Cat First Aid* book and DVD set or *American Red Cross Dog First Aid* book and DVD set (provide one set to each family, Cat or Dog, based on preference)
- *Cat First Aid* DVD (for use in presentation)
- *Dog First Aid* DVD (for use in presentation)
- *Pets and Disaster: Be Prepared* brochure
- Participant handouts (Section D)
- Name tags
- Pencils
- DVD player and monitor
- Newsprint and markers
- Pet first aid kit
- Pet-related supplies for emergency preparedness kit
- Storage container for pet first aid and emergency preparedness display items
- Canine and feline training manikins
- Face shields
- Roll gauze, 2-inch width
- Gauze pads
- Rigid splints or tongue depressors or cardboard splints
- Flat board (large enough to secure training manikins to simulate transport)
- Triangular bandages or cloth strips (long enough to wrap around board and training manikin)
- Leashes
- Adhesive tape, athletic tape or roll cohesive wrap (stretches, clings to itself but does not stick to fur)
- American Red Cross identification
- American Red Cross Pet First Aid and Emergency Preparedness Kit (optional)
- Disposable gloves (nonlatex) (optional)
- *Has Completed Universal Certificates* (one for each participant) (optional)

PRESENTATION OUTLINE

Lesson	Topic	Approximate Times
1	Welcome and Introduction	10 minutes
2	Be Prepared	20 minutes
3	Be Informed—Recognizing a Medical Emergency	50 minutes
4	Be Informed—Breathing and Cardiac Emergencies	45 minutes
5	Be Informed—Injuries	45 minutes
6	Be Informed—Sudden Illnesses	20 minutes
7	Wrap-Up and Closing	10 minutes
Approximate Total Time:		3 hours, 20 minutes

Lesson Plan

LESSON 1: WELCOME AND INTRODUCTION

Lesson Length

10 minutes

Lesson Objectives

By the end of this lesson, participants will be able to—

- Explain the goals of the Cat and Dog First Aid presentation.

Materials, Equipment and Supplies

- *American Red Cross Cat First Aid* book and DVD set or *American Red Cross Dog First Aid* book and DVD set (provide one set to each family, Cat or Dog, based on preference)
- Participant handout (one for each participant):
 - Test Your Cat and Dog First Aid Knowledge Quiz (Section D.2)
- Name tags (one for each participant)
- Pencils (one for each participant)

Things to Do Prior to this Lesson

- Make copies of the participant handout
- Set participant materials out
- Locate the “Test Your Cat and Dog First Aid Knowledge Answer Key” (Section C.2)

ACTIVITY: WELCOME AND FACILITY OVERVIEW

- Check in participants as they arrive. Ask each participant to make a name tag.
- Give each family (not each participant) one of the following:
 - *American Red Cross Cat First Aid* book and DVD set or *American Red Cross Dog First Aid* book and DVD set
- Give each participant the following:
 - Participant packet
 - Pencil
- Welcome participants, briefly introduce yourself and give your background. Have participants introduce themselves and explain why they are taking the course. Also, have them state how many and what breed of cats and/or dogs they own.
- Review facility information and policies and procedures, including emergency procedures, location of restrooms and water fountains and smoking restrictions.

Tell participants:

- **Pets are very special to their owners and many consider their pet a member of the family. The steps you take in the first few minutes after an emergency can make a big difference in your pet’s life.**
- **Taking this course is a great first step in making sure you are prepared in the event your pet is involved in an emergency.**

- **The goals of the Cat and Dog First Aid presentation are to teach you—**
 - **How to be prepared for emergencies that involve a cat or a dog.**
 - **How to protect yourselves and your pet from further harm, injury or suffering during emergencies by teaching prompt, effective first aid actions and care.**
- **First aid for cats and dogs is the immediate and temporary care given to an injured animal until it can be taken to a professional veterinarian for medical care and attention.**
- **Cat and dog “first aid” should not be confused with “pet care.” Many excellent books are on the market that give the pet owner advice on how to choose, feed and otherwise take good day-to-day care of a pet.**

ACTIVITY: TEST YOUR CAT AND DOG FIRST AID KNOWLEDGE

- Explain to participants that they will now take a short, true-and-false quiz to assess their knowledge of basic emergency preparedness and first aid care for cats and dogs.
- Distribute a “Test Your Cat and Dog First Aid Knowledge Quiz” (Section D.2) to each participant.
- Explain that they have about 2 minutes to answer the questions.
- After about 2 minutes, briefly review the quiz for participants by having them provide the answers. Be sure the correct answers are provided.
- Explain that each topic will be discussed in more detail and with additional information throughout the presentation. If participants have any questions, request that they wait until the topic comes up in the presentation. If a question is not answered by the end of the topic, then have them bring it up again and tell them you will try to address it.
- Refer participants to the *American Red Cross Cat First Aid* and *American Red Cross Dog First Aid* book and DVD sets. Explain that they are references to be used—
 - During and after the presentation.
 - To refresh and expand knowledge.
 - In an emergency.
- Explain that both the *Cat First Aid* and *Dog First Aid* books include an alphabetical listing of first aid situations to help you respond in an emergency. As examples, have participants turn to the following:
 - Hot Spots, *Cat First Aid* page 82.
 - Vomiting, *Cat First Aid* page 112.
 - Diarrhea, *Dog First Aid* page 66.
 - Kennel Cough, *Dog First Aid* page 85.
- Tell participants that some of the video segments they will see during this presentation are from the *Cat First Aid* DVD and others are from the *Dog First Aid* DVD.
- Tell participants that, due to time constraints, not all video segments from both DVDs will be shown during the presentation. Explain that they should view the entire contents of their DVD at home.

WRAP-UP AND BRIDGE

Tell participants:

- The presentation will begin with what you need to be prepared in the event of an emergency.

LESSON 2: BE PREPARED

Lesson Length

20 minutes

Lesson Objectives

By the end of this lesson, participants will be able to—

- Name items that belong in a pet first aid kit.
- Name appropriate pet supplies that should be included in an emergency preparedness kit.
- Explain what should be considered when making a plan for their pets in the event of a disaster that requires evacuation.

Materials, Equipment and Supplies

- Participant handouts (one for each family):
 - Emergency Telephone Numbers for Pets (Section D3)
 - Important Telephone Numbers in Case of Evacuation (Section D.4)
 - Information for Pet Carrier When Sheltering (Section D.5)
- Pet first aid kit
- Pet-related supplies for emergency preparedness kit
- American Red Cross Pet First Aid and Emergency Preparedness Kit (optional)
- *Pets and Disasters: Be Prepared* brochure

Things to Do Prior to this Lesson

- Make copies of participant handouts
- Set up two display tables:
 - One table with supplies for a pet first aid kit (see contents in lesson)
 - One table with pet supplies to be included in an emergency preparedness kit (see contents in lesson)

TOPIC: BE PREPARED

Tell participants:

- **In any type of emergency, knowing what to do, who to call for help and having supplies nearby before you need them can reduce panic and increase the chance of a positive outcome.**
- **This is true for humans as well as for pets.**
- **There are some basic actions you should take to be prepared for an emergency or disaster. They are—**
 - **Get a kit.**
 - **Make a plan.**
 - **Be informed.**

TOPIC: PET FIRST AID AND EMERGENCY PREPAREDNESS KITS

Ask participants:

- Who here has a first aid kit for your family?
- Does anyone have a separate first aid kit for your pets?
- Who here has an emergency preparedness kit at home?
- Does this kit include supplies for your pets?

Tell participants:

- Most families do have first aid kits to respond to common accidents and injuries for the humans in their household.
- Every pet owner also should have some basic first aid supplies on hand for common accidents and injuries specific to animals.
- If your pet has special medical conditions, talk to your veterinarian to learn what additional items you should include in your pet first aid kit.

ACTIVITY: EMERGENCY TELEPHONE NUMBERS

- Distribute an “Emergency Telephone Numbers for Pets” sheet (Section D.3) to a representative of each family.
- Explain to participants that they should fill in their information on this sheet when they get home.
- Explain that copies of this sheet should be in each pet first aid kit, emergency preparedness kit and posted next to each telephone in the home.

ACTIVITY: WHAT’S IN A PET FIRST AID KIT?

- Refer participants to either *Cat First Aid*, pages 16 and 17, or *Dog First Aid*, page 18, for a list of the items that should be in a pet first aid kit.
- Explain that a pet first aid kit for dogs should contain a few additional items, including small wire cutters (to cut the barb off embedded hooks if you take your dog fishing), needle nose pliers and diphenhydramine (Benadryl[®]) in a dose appropriate for your pet’s size if approved by your veterinarian, for allergic reactions.
- Have a table set up that displays the items listed for a pet first aid kit (*Cat First Aid*, pages 16 and 17, or *Dog First Aid*, page 18). Be sure to have a small, sturdy box or plastic container that will hold all of the items, including all the additional items in a pet first aid kit for dogs listed on page 18 in *Dog First Aid*.
- Group the items that are similar and point them out to participants. It is not necessary to mention every single item, but rather the following broad categories of items:

Assorted Bandages and Compresses

- Absorbent compresses, assorted sizes (sometimes called gauze sponges)
- Adhesive tape, hypoallergenic
- Roll cohesive wrap, 3-inch width (stretches and clings to itself)
- Roll gauze, 2-inch width, cotton
- Sterile gauze pads, non-adherent (assorted sizes)
- Cold compress

Medications and Solutions

- Antibiotic ointment (triple, available at pharmacies)
- Diphenhydramine (Benadryl[®]) in a dose appropriate for your dog's size if approved by your veterinarian for allergic reactions (for dogs only)
- Hydrogen peroxide, 3 percent (has an expiration date)
- Glucose paste or corn syrup (if your pet is diabetic or has a history of low blood sugar)
- Epsom salts (to make saline solution)
- Petroleum jelly
- Rubbing alcohol (isopropyl)
- Sterile, water-based lubricant (such as KY[®] Jelly) that washes off easily (to keep fur away from a wound you are treating)
- Sterile eye lubricant (available at pharmacies)
- Sterile saline eye wash (available at pharmacies)
- Styptic powder (to stop bleeding from broken nails, available at pet stores)

Tools and Utensils

- Grooming clippers
- Nail clippers appropriate for your pet's nails
- Needle-nose pliers (for dogs only)
- Nylon leash (at least one)
- Penlight
- Rectal thermometer, non-mercury/non-glass
- Scissors, small, with blunt end
- Syringe, baby dose size
- Tweezers
- Wire cutters, small (to cut barb off embedded hooks if you take your dog fishing) (for dogs only)
- Expired credit card (to scrape away stingers)

Information

- *Cat First Aid* book and/or *Dog First Aid* book
- List of emergency telephone numbers

Miscellaneous

- Blanket (emergency or "space" blanket)
- Clean cloth
- Disposable gloves (nonlatex)
- Muzzle
- Towel
- Any special items your pet may need, such as medications

Tell participants:

- **Your pet first aid kit can be stored in a small, sturdy box. Consider carrying a smaller version in your car.**
- **Check your kit periodically to replace expired medicines and replenish used supplies.**
- **Be sure to keep all medications and medical supplies out of the reach of young children and pets.**

Emergency Preparedness Kit

Tell participants:

- You should assemble an emergency preparedness kit ahead of time for everyone in your household, including your pets.
- Keep everything in sturdy containers (such as duffel bags or covered plastic storage containers) that can be carried easily.

ACTIVITY: CONTENTS OF AN EMERGENCY PREPAREDNESS KIT FOR PETS

- Refer participants to either pages 17 and 18 of *Cat First Aid* or page 19 of *Dog First Aid* for a list of the pet-related items that should be in your emergency preparedness kit.
- Explain that the American Red Cross offers a Pet First Aid and Emergency Preparedness Kit. It can be purchased online at the Red Cross Store at www.redcross.org/store.
- Have a second table set up that displays the pet-related items listed for an emergency preparedness kit in *Cat First Aid*, pages 17 and 18, and *Dog First Aid*, page 19. Be sure to have sturdy containers that will hold all of the items.
- To begin, explain to participants that pet identification is important, especially during times of disaster. Explain that—
 - Cats and dogs should always wear collars with licenses and rabies tags as required by state or local law. Break-away collars are recommended for cats.
 - If a pet has medical problems, a tag with essential medical information should be added.
 - It is a good idea to implant a microchip in your pet as a more permanent means of identification, because it is possible for the collar and tags to fall off.
- Point out the following items and provide any explanation for their purposes as required.
 - Pet identification
 - Current identification should always be worn on the collar
 - Additional temporary identification tag with your out-of-area emergency contact phone numbers
 - Photos of your pet and you together (to prove your ownership and to help find your pet if he becomes lost)
 - Pet first aid kit, including the *Cat First Aid* book and/or *Dog First Aid* book and any medications your pet is taking
 - Medical records stored in a waterproof container, to include—
 - Vaccinations records
 - Medical conditions
 - Veterinarian's name and phone number
 - Any other special concerns or behavior issues
 - Food and water for each pet: a 3-day supply for evacuation and a 2-week supply for the home, including a manual can opener, if needed, for canned food
 - Food and water bowls
 - Bedding/blankets and toys (to help reduce stress and provide comfort)
 - Leashes, harnesses and carriers (to transport your pets safely and to ensure your pets cannot escape)

- Litter and litter box for cats
- Garbage bags
- Quart-size storage bags
- Newspapers
- Paper towels
- Bleach (to make a sanitizing solution for cleaning up pet waste, litter box and carrier)
- Invite participants to come up to the tables to get a closer look at the contents of both the pet first aid kit and the pet-related items in an emergency preparedness kit.
- After a few minutes, have participants return to their seats.

TOPIC: MAKE A PLAN

Tell participants:

- **An element of your plan is to let people know there are pets in your home in the event of an emergency.**
- **You can order a free pet rescue sticker from the American Society for the Prevention of Cruelty to Animals at www.aspca.org. Place the sticker in a front window of your home.**
- **If for any reason you and your family need to evacuate, so do your pets.**
- **Part of your plan is knowing where to go and whom to call in case of evacuation.**

ACTIVITY: IMPORTANT PHONE NUMBERS IN CASE OF EVACUATION

- Distribute an “Important Telephone Numbers in Case of Evacuation” sheet (Section D.4) to a representative of each family.
- Explain to participants that they should fill in their information on this sheet when they get home. If there is any local information that you are able to provide, such as telephone numbers and addresses for animal shelters, do so at this time.
- Tell participants that they can check ahead and get information on pet-friendly hotels for accommodations and have these numbers available.
- Explain that a copy of this sheet should be in their emergency preparedness kit with their pet’s medical records.

Do I Stay or Do I Go?

Tell participants:

- **Depending on the type of disaster, you may need to stay at home or follow an order to evacuate. You should be prepared and have a plan for both possibilities.**
- **Check with your local office of emergency management ahead of time to find out how local alerts are given.**

Leader’s Note: If you are able to provide information about how local alerts are given, do so at this time.

- **Listen to the radio and TV, and check the Internet for up-to-date information and promptly follow the authorities’ instructions.**
- **For more information on how to prepare, visit www.ready.gov, call 1-800-BE-READY, contact your local Red Cross chapter or visit www.redcross.org.**

- At the first sign of an emergency, bring your pet into the house and confine her so you can leave with her quickly. Have all of your emergency preparedness supplies ready to go and in one place—for all of the members of your family and your pets.
- If you are at home during a storm, identify a safe area of your home where you can stay with your pet. Keep your pet on a leash or in a carrier and make sure he is wearing identification.

Ask participants:

- Is it acceptable to leave your pet secured inside your home if you have to evacuate? Why or why not?

Answer: No. Take your pets with you. Animals left inside a home can escape if the home is damaged. Also, you would not be able to leave proper amounts of food or water or provide enough protection for your cat or dog.

- Is it acceptable to leave your pet outside if you have to evacuate? Why or why not?

Answer: No. Take your pets with you. Animals left to fend for themselves outside are likely to become victims of exposure, starvation or predators and may consume contaminated food or water.

Tell participants:

- If you are evacuating, call ahead to confirm emergency shelter arrangements for both your family and your pet, whether you are staying together or separately.
- Be sure your pet and the pet carrier have up-to-date identification and contact information, including the phone number of your temporary shelter and its location.
- If you are evacuating, take all of your emergency preparedness supplies.

ACTIVITY: INFORMATION FOR PET CARRIER WHEN SHELTERING

- Distribute an “Information for Pet Carrier when Sheltering” sheet (Section D.5) to a representative of each family.
- Explain to participants that they should keep blank copies of this sheet in the emergency preparedness kit and it should be completed with current information each time evacuation is necessary.
- Explain that it is a good idea to attach to the sheet a photograph of you and your pet together in case proof of ownership or identification of the animal is required.

WRAP-UP AND BRIDGE

Tell participants:

- Having appropriate supplies that are easily accessible and knowing what to do in case you need them can make a significant difference in your ability to respond well in any type of emergency your pet may encounter.
- The basic actions you should take to be prepared for an emergency or disaster are—
 - Get a kit.
 - Make a plan.
 - Be informed.

- The rest of this presentation is dedicated to helping you be informed—to knowing how to respond if your pet has a first aid emergency.

Leader's Note: Provide each participant with the brochure, Pets and Disaster: Be Prepared. Tell participants that this provides additional information on steps to take to be prepared in the event of a disaster.

FREQUENTLY ASKED QUESTION

Q: Should I call 9-1-1 or the local emergency number for an emergency involving my pet?

A: In most areas, you should NOT CALL 9-1-1 for a pet emergency unless there is a threat to human life. (There are exceptions, for example a cat disrupting traffic or a mountain lion in the back yard.) In the event of an emergency, call your local veterinarian, emergency animal clinic, animal shelter or animal control. Call the poison control center if you suspect poisoning. Keep emergency telephone numbers in your wallet, purse, first aid kit and glove compartment of your vehicle.

LESSON 3: BE INFORMED—RECOGNIZING A MEDICAL EMERGENCY

Lesson Length

50 minutes

Lesson Objectives

By the end of this lesson, participants will be able to—

- Understand the importance of knowing the normal physical condition, behaviors and habits of their pets.
- Identify a normal heart and pulse rate, breathing rate and body temperature of cats and dogs.
- Describe how to safely approach an ill or injured cat or dog.
- Demonstrate how to safely capture and restrain a cat.
- Demonstrate how to safely muzzle a dog.
- Explain how to check a cat or a dog that appears to be having a first aid emergency.

Materials, Equipment and Supplies

- Newsprint and markers
- *Cat First Aid* DVD
- *Dog First Aid* DVD
- DVD player and monitor
- Canine and feline training manikins (1 for every 2 participants)
- Strips of roll gauze that are at least 18 inches long (1 for each training manikin)

Things to Do Prior to this Lesson

- Set up canine and feline training manikins

TOPIC: RECOGNIZING AN EMERGENCY

Tell participants:

- **The third action in being prepared for an emergency or disaster is to be informed.**
- **Next, we will learn how to know if there is an emergency and then how to respond if necessary.**

Ask participants:

- **What are types of emergencies that a cat or a dog might encounter?**

Leader's Note: Record participants' answers on newsprint for all to see. If participants have difficulty coming up with answers, facilitate a brief discussion to be sure that the majority of situations are mentioned.

Answer: Examples include, but are not limited to, the following:

- *Birthing problems*
- *Bleeding that is prolonged or severe, such as spurting blood, or that you cannot stop by applying direct pressure*
- *Breathing difficulty*

- Burns
- Cuts and gashes that expose internal organs or wounds with visible bone or severe tissue damage
- Drop in body temperature (hypothermia)
- Enlarged or painful abdomen
- Heat stroke (hyperthermia)
- Paralysis
- Poisoning
- Profuse diarrhea or vomiting
- Seizures, particularly first seizures, seizures lasting longer than 2 minutes and repeating seizures (repeating one after the other)
- Severe depression (characterized by hiding, lethargy, unresponsiveness or refusing to eat)
- Shock
- Snake bites
- Straining to urinate or defecate
- Trauma, such as being struck by a car, shot by a gun or falling from a significant height
- Unconsciousness

Tell participants:

- **The best way to recognize an emergency is to know what is normal for your pet and to know what might be considered an emergency.**
- **If you are ever unsure about a situation, always call your veterinarian. Many conditions have a better prognosis if caught early.**
- **It is important to know that cats and dogs compensate very well for most disease processes, which means that by the time your pet begins showing signs of illness, he may already be in an advanced stage of disease. So take him to a veterinarian as soon as possible.**

TOPIC: KNOW WHAT'S NORMAL

Tell participants:

- **It will be easier to determine if something is wrong with your cat or dog if you first become familiar with what is normal.**
- **Observe how your pet breathes, eats, drinks, walks, urinates and defecates so you will be sensitive to changes that might signal problems.**

DVD:

- Explain to participants that the following video segments show what is normal in cats and dogs related to heart and pulse rate, breathing rate, mucous membrane color, capillary refill test and body temperature.
- Show the *Cat First Aid* DVD video segment, "What's Normal for My Cat" (2:46).
- Answer any questions participants have.
- Refer participants to *Cat First Aid*, pages 22 to 25, for more information about what is normal for a cat.

- Show the *Dog First Aid* DVD video segment, “What’s Normal for My Dog” (2:45).
- Answer any questions participants have.
- Refer participants to *Dog First Aid*, page 24, for more information about what is normal for a dog.

TOPIC: SCENE SAFETY

Tell and ask participants:

- **Before approaching an injured pet, check the scene to be sure it is safe. Look around for potential hazards that may still exist and could potentially harm you.**
- **What types of hazards could be present and harmful to an injured cat, dog and/or to you as a rescuer?**

Answer: Examples include, but are not limited to the following:

- *If an animal has been struck by a car, there could be other cars approaching.*
 - *If an animal appears to be unconscious, there could be something potentially dangerous to you that caused the problem, such as an electric cord, poisonous gas or severe smoke.*
 - *Cat and dog fights can be dangerous. If your cat or dog is in a fight, do not get between the animals.*
- **An injured animal, even your own pet, may bite or strike out if it is frightened or in pain.**
 - **What behaviors may signal that a cat may bite?**

Answer: The following behaviors may signal that a cat is inclined to bite:

- *Crouching with ears flattened to the head*
 - *Salivating or spitting*
 - *Small pupils, but they become enlarged as the cat becomes more frightened*
 - *Arching its back with tail up*
 - *Hair standing up*
 - *Hissing*
 - *Appears to walk on its toes with the head and tail held down, hair partially standing up, ears up and pointed so they open on the sides, whiskers turned forward and claws out*
- **What behaviors may signal that a dog may bite?**

Answer: The following behaviors may signal that a dog is inclined to bite:

- *Ears held forward; tail may wag slightly*
 - *Growling and fur on shoulders, back and hind end is standing up*
 - *Snarling with upper lips lifted and teeth exposed*
- or**
- *Crouching with tail between hind legs*
 - *Ears held straight back or flat against the head*
 - *Snarling and fur on the back is raised*
- or**

- *Assuming a submissive posture:*
 - *Lying on side with belly exposed*
 - *Making licking gestures or urinating*

▪ **What should you do if an animal is exhibiting any of these behaviors?**

Answer: Do not attempt treatment on any animal exhibiting these behaviors. If you cannot safely handle an animal, call your local animal shelter or animal care and control agency.

How to Approach an Ill or Injured Animal

Tell participants:

- **To protect yourself from injury, it is very important to safely approach, capture and restrain any animal that is conscious and appears to be ill or injured before attempting to provide care.**
- **Always approach a sick or injured animal slowly and cautiously. Even your own pet might strike out if frightened or in pain.**
- **Observe her posture and expressions—especially her face, ears, tail, fur and body. Listen to the sounds she’s making.**
- **As you approach, allow the animal to smell the back of your hand. Never make quick or jerky movements or loud sounds. Allow the animal to see what you are doing and watch her reactions carefully.**
- **Always speak in a soft, soothing tone to an injured or sick animal.**
- **Avoid direct eye contact when approaching an ill or injured dog—some dogs may perceive this as a threat.**
- **Any animal that is frightened, sick or in pain may be inclined to bite, kick and scratch. Always capture, restrain and muzzle any animal before care is attempted.**

Capture and Restraint Techniques—Cat

Tell participants:

- **If you determine that it is safe to capture a cat, let her know where you are and move slowly and calmly. Speak to the cat in a quiet, soothing voice and try these techniques.**
- **You can sometimes capture a cat by dropping a towel or blanket over her.**
- **Cats will often crawl into boxes for comfort; you can use the box to transport the cat or to help you administer treatment.**
- **For plastic carriers that can come apart, simply remove the top of the carrier to get the cat in or out of the carrier safely.**
- **Some cats are actually more easily managed with minimal restraint and gentle handling, and will become more difficult to handle with the above techniques.**
- **When using minimal restraint to manage a frightened or injured cat, you can use a blanket or towel to protect yourself from injury while still gently handling the cat.**

DVD:

- **Explain to participants that the following video segment shows how to safely restrain a cat using a blanket or towel.**
- **Show the *Cat First Aid* DVD video segment, “Restraint” (0:34).**
- **Answer any questions participants have.**

- Refer participants to *Cat First Aid*, pages 25 to 29, for more information on capture and restraint techniques.

SKILL PRACTICE: CAPTURE AND RESTRAINT TECHNIQUES—CAT

- Explain to participants that in this skill session they are going to practice how to safely capture and restrain a cat.
- Divide participants in groups of two. Have one participant in each group act as responder. The other participant is an observer.

Leader's Note: If not enough feline manikins are available for groups of two, form larger groups.

- Distribute one towel or blanket to each group.
- Have participants move to the feline manikins. Lead the group of participants through the steps of capturing and restraining an ill or injured cat following the steps in the skill chart. Repeat until all the techniques have been practiced and participants have had the opportunity to practice at least one of the skills.
- Have participants return to their seats.

Skill Chart

Skill	Skill Component
Capture Technique— Using a Towel or Blanket	1. First observe the cat's position so you don't put your hands near her mouth. 2. Drop a large towel or blanket from above and behind the cat. 3. Grasp the scruff of her neck so she cannot turn around and bite your hand through the towel. 4. Transfer the cat to a sturdy box or carrier.
Restraint Technique— Laying a Cat on His Side	1. Stand alongside and face the standing cat. 2. Lay him on his side. 3. Hold the legs that are on the table or floor (the down legs). 4. You may have to hold the legs with one hand and grasp the loose skin behind the cat's neck (the scruff) and hold it firmly with the other hand.
Restraint Technique— Scruff	1. Grasp the loose skin behind the cat's neck with one hand. 2. Support the cat's body with your other hand.
Restraint Technique— Blanket	1. Place the cat on a solid surface in the middle of a blanket or towel. 2. Wrap the blanket over the animal's body with its head free. 3. Leave exposed any part of the body that is injured.

Tell participants:

- In most cases, you should muzzle a cat before any care is attempted. Special considerations for using a muzzle will be discussed in the next section.**
- Never use a homemade muzzle on a cat because the size and shape of a cat's face makes safe and effective placement difficult.**

- Always use a commercially available muzzle that has been specifically designed for use with cats. Be sure to include a cat muzzle in your pet first aid kit. Cat muzzles are available for purchase at pet stores.

Leader's Note: If participants are interested in more information on muzzling a cat, refer them to Cat First Aid, pages 27 and 28.

Capture and Restraint Techniques–Dog

Tell participants:

- Because dogs vary greatly in shape and size, different techniques are used for capturing a dog, depending on the situation and the size of the animal.
- For example, you may be able to capture a smaller dog using a towel or a blanket as you would a cat. Capturing a larger dog, however, may require the use of a leash.
- To capture a dog with a leash, first form a large loop by passing the end of the leash that is normally connected to the collar through the hand loop. Then slide the loop over the dog's head and tighten it around the neck.
- If you are alone, you can also use a leash to restrain a dog's head.
- Other techniques for restraining a dog include getting the dog in a headlock and laying the dog on his side. Both of these techniques require the assistance of another person. If possible, you should muzzle the dog before attempting to restrain him.
- In the next section, we will practice muzzling a dog.

Leader's Note: If participants are interested in more information on capturing and restraining a dog, refer them to Dog First Aid, pages 28 to 33.

Muzzling–Dog

Tell participants:

- Muzzles are available for purchase at pet stores in different sizes to fit your dog's snout. A muzzle should be included in your pet first aid kit.
- A commercially available muzzle is preferred over a homemade muzzle, especially for short-nosed dogs.
- There are a variety of ways to fashion a homemade muzzle if you do not have access to a commercially available one. The key to an effective homemade muzzle is to tie it off behind the animal's ears so he cannot slip it off by pawing at it and to tighten it sufficiently so that he cannot open his mouth to bite, but can still breathe.

SKILL PRACTICE: FASHIONING A HOMEMADE MUZZLE

- Explain to participants that in this skill session they are going to learn how to fashion a homemade muzzle that will work for most dogs.
- Distribute one strip of roll gauze that is at least 18 inches long to each participant.
- Divide participants in groups of two. Have one participant in each group act as responder. The other participant is an observer.

Leader's Note: If not enough canine manikins are available for groups of two, form larger groups.

- Have participants move to the canine manikins. Lead the group of participants through the steps of fashioning a homemade muzzle following the steps in the skill chart. Repeat until all participants have the opportunity to practice the skill.
- Have participants return to their seats.

Skill Chart

Skill	Skill Component
Fashioning a Homemade Muzzle	<ol style="list-style-type: none"> 1. Start with a piece of material at least 18 inches long. 2. Place a knot in the middle of the material to serve as an anchor. 3. Make a loop large enough to drop over the animal's nose, keeping enough distance between you and the animal's mouth so he cannot turn and bite you. Slip the loop over the animal's nose from above and behind his head. Always allow him to know where you are at all times. 4. Pull an end of the material down each side of the face, crisscross it under the chin and bring the ends back behind the ears. 5. Tie the loose ends in a bow behind the ears. 6. For dogs with a short snout, take one end of the material and pass it under the loop over the nose and tie it to the other end around the neck.

Tell participants:

- **Do not muzzle any cat or dog that is—**
 - Having difficulty breathing.
 - Coughing.
 - Vomiting.
- **The point at which you muzzle an animal will depend on the situation at hand.**
- **Muzzle a cat or dog if you ever feel like you are in danger of being bitten.**
 - If the animal is in such pain that he will not let you do an initial evaluation, place the muzzle before the evaluation.
 - If you can evaluate the animal but need to do something else to him, place the muzzle before treating or moving the animal.
- **Always remember that no muzzle is foolproof, so do not be lulled into a false sense of security while using one. Many cats and dogs can get out of a muzzle.**
- **Some animals will resist being muzzled and might become aggressive. Do not attempt to muzzle an aggressive cat or dog.**
- **Take the animal to your veterinarian or seek help from the local animal shelter or animal care and control agency if you cannot safely muzzle a cat or dog.**

TOPIC: CHECKING A CONSCIOUS CAT OR DOG

Tell participants:

- **Once you have determined that the scene is safe, check the animal to try to determine what the problem is.**
- **If the animal is conscious, you know that he is breathing and has a heartbeat. You then need to do an initial evaluation to check for further issues.**

- In the initial evaluation of a conscious animal, you are comparing his current condition against what is normal for him.
- The initial evaluation should be completed in about 1 minute.

SKILL PRACTICE: CHECKING A CONSCIOUS CAT OR DOG

- Explain to participants that in this skill session they are going to practice the steps of checking a cat or a dog that is conscious, except for taking the animal's temperature.
- Steps for taking the temperature of a cat can be found in *Cat First Aid*, page 24, and on the *Cat First Aid DVD*. Steps for taking the temperature of a dog can be found in *Dog First Aid*, page 27, and on the *Dog First Aid DVD*.
- Have participants move to the manikins, staying in the same groups as in the previous skill practice. Have one participant in each group act as responder. The other participant is an observer. The skill is the same for a cat or a dog so either feline or canine manikins can be used for this skill.
- Lead participants through the steps of checking a conscious cat or dog following the steps in the skill chart.
- After completing the practice, have participants return to their seats.

Skill Chart

Skill	Skill Component
Checking a Conscious Cat or Dog	
<ul style="list-style-type: none"> ▪ Check the scene for safety. 	
Situation	<ol style="list-style-type: none"> 1. Quickly observe the animal's body and posture. 2. Look for the presence of blood, urine, feces or vomit. 3. Observe breathing patterns. 4. Listen for sounds. 5. Look for other materials, such as poisons, around the animal.
Level of Consciousness	Check to see if the animal is alert, awake, seizing, disoriented, hyperactive, depressed or unconscious.
Airway	To open the airway and check the throat and mouth for foreign objects— <ol style="list-style-type: none"> 1. Lay the animal down on either side. 2. Gently tilt the head slightly back to extend the neck and head. 3. Pull the tongue between the front teeth.
Breathing	<ol style="list-style-type: none"> 1. The animal can either stand or lie down. 2. Watch the animal inhale and exhale. <ul style="list-style-type: none"> ○ The chest should rise and fall. (If the chest does not rise and fall or if the abdomen expands, it is an emergency.) ○ Exhaling should be effortless. (Loud, shallow or gasping sounds when breathing is an emergency.) 3. Count the number of times that the chest rises and falls in a minute. <p>NOTE: Cats do not normally pant unless they are frightened or in distress. Cats should not pant for more than a few minutes at a time. If panting appears to go on longer, treat it as an emergency.</p>

Skill	Skill Component
Circulation	To check the animal's heartbeat— 1. Lay your cat or dog down on her right side. But, if it's easier, allow her to stand. 2. Gently bend the left front leg at the elbow and bring it back to where it touches the chest. 3. Using a light touch, place your hand or a stethoscope (available at most pharmacies) over this area to feel or hear and count heartbeats.
Bleeding	Check to see if there is any severe bleeding.
Mucous Membrane Color	Check to see if there is any abnormality in the coloring of the gums. For a dog, check the lower lip as well.
Capillary Refill Test	1. After checking the mucous membrane color, press lightly on the gums or inner lip. 2. Observe the color as it turns white and then pink again. The pink color should return after 1 or 2 seconds. 3. Call your veterinarian at once if the pink color returns in less than 1 second or more than 3 seconds. This is an emergency.

WRAP-UP AND BRIDGE

Tell participants:

- Once you have checked the conscious animal and have a sense of what the situation is, you can then provide the appropriate care.
- The next lesson will focus on checking an unconscious animal and how to care for life-threatening emergencies.

FREQUENTLY ASKED QUESTIONS

Q: Is it a good idea to wear thick gloves to handle an injured pet?

A: No. While you might think wearing thick work gloves will help you safely handle an animal, they will cause you to lose dexterity and cats and dogs can bite through most glove material. However, you should wear nonlatex, disposable gloves when treating wounds to keep the wound clean.

Q: When checking a cat or dog, at what point should the animal be muzzled?

A: Muzzle the animal if you ever feel like you are in danger of being bitten. If the animal is in such pain that he will not let you do an initial evaluation, place the muzzle before the evaluation. If you can evaluate the animal but need to do something else to it, then you should place the muzzle before treating or moving the animal.

Q: Is it always necessary to muzzle?

A: It is always advisable to muzzle any animal that is injured or frightened. Muzzling is especially important when caring for dogs, because they have an instinctual response to bite in stressful situations. A cat or dog that has suffered some type of trauma (impact, open

wound, broken bone) is likely to be frightened or feel threatened because he is suffering from acute pain. He should be muzzled once you determine that there are no life-threatening emergencies. A cat or dog that is sick, such as from parasitic disease, vomiting, diarrhea, anorexia or heat stroke, will respond much differently and it may not be necessary to muzzle. You must rely on common sense by understanding the specific situation and by observing the animal's behavior.

Q: Is a homemade muzzle just as effective as a commercially available muzzle?

A: A commercially available muzzle that is sized to your dog's snout is preferred over a homemade muzzle. Homemade muzzles should not be used on a cat.

Q: Why is there no skill practice for muzzling a cat during the presentation?

A: Skill practice is provided for fashioning a homemade muzzle for use on a dog. Homemade muzzles should not be used on cats because the size and shape of a cat's face make safe and effective placement difficult. Always use a commercially available muzzle on a cat. Commercially available muzzles are recommended for dogs, but if one is not available, a homemade muzzle can be used. You should follow the manufacturer's instructions for applying the type of muzzle that you purchase.

Q: If an injured cat or dog is likely to bite, at what point (or how) do you do the capillary refill test on the gums?

A: If the cat or dog is exhibiting signs that it might bite, you should not attempt the capillary refill test.

Q: Why is there no skill practice for capturing and restraining a dog during the presentation?

A: The capture and restraint techniques that are appropriate for a small dog, such as using a towel or a blanket, are practiced during the skill practice for a cat. Effective practice for capturing and restraining a larger dog is not possible using canine training manikins.

LESSON 4: BE INFORMED—BREATHING AND CARDIAC EMERGENCIES

Lesson Length

45 minutes

Lesson Objectives

By the end of this lesson, participants will be able to—

- Describe how to check an unconscious cat or dog for breathing and cardiac emergencies.
- Describe how to give rescue breathing to a cat or dog.
- Describe how to perform CPR on a cat or dog.
- Describe how to care for a cat or dog that is choking.

Materials, Equipment and Supplies

- *Cat First Aid* DVD
- *Dog First Aid* DVD
- DVD player and monitor
- Canine and feline training manikins (1 for every 2 participants)
- Face shields (1 for each participant)

Things to Do Prior to this Lesson

- Set up canine and feline training manikins

TOPIC: BREATHING AND CARDIAC EMERGENCIES

Tell participants:

- A cat or dog that is not breathing and/or has no heartbeat or pulse is experiencing a life-threatening emergency. You need to act quickly.
- In this lesson you will learn what care you can provide to increase your pet's chance of survival in an emergency.
- You will learn—
 - How to check an unconscious cat or dog for breathing and cardiac emergencies.
 - How to give rescue breathing to a cat or dog.
 - How to perform CPR on a cat or dog.
 - How to care for a cat or dog that is choking.

TOPIC: CHECKING AN UNCONSCIOUS CAT OR DOG

Tell participants:

- If a cat or dog appears to be unresponsive, your immediate concern is life-threatening emergencies—
 - Is the animal conscious?
 - Is the animal breathing?
 - Does he have a heartbeat or pulse?
 - Is the animal bleeding severely?

- **Check the scene for safety and then focus your initial evaluation on life-threatening conditions—the ABCs (airway, breathing and circulation). This evaluation helps you determine the immediate care that should be given.**

DVD:

- Explain to participants that the following video segment shows how to check an unconscious cat to determine what care should be given and how to provide care for a cat that is having a breathing emergency.
- Tell participants that because there are only slight differences in giving rescue breathing to a cat or a dog and checking an unconscious cat or dog, only one video segment will be shown.
- Show the *Cat First Aid* DVD video segment: “ABCs and Rescue Breathing” (1:35).

Leader’s Note: The Dog First Aid DVD video segment, “ABCs and Rescue Breathing” (1:58), may be substituted for or shown in addition to the video segment above, depending on the needs of the class and available time.

- Answer any questions participants have.
- Refer participants to *Cat First Aid*, pages 32 to 33, for more information on ABCs and rescue breathing for a cat and pages 36 to 37 of *Dog First Aid* for information on ABCs and rescue breathing for a dog.

SKILL PRACTICE: CHECKING AN UNCONSCIOUS CAT OR DOG AND RESCUE BREATHING

- Explain to participants that in this skill session they are going to practice the steps of—
 - Checking a cat or dog that is unconscious.
 - Rescue breathing.
- Explain to participants that they will now have the opportunity to practice the skills for a medium or large dog (30 to 90 pounds) or for a small dog or a cat.

Leader’s Note: Participants may practice the following skills on either a canine or a feline manikin or on both canine and feline manikins. Allowing participants to practice these skills on both types of manikins will add more time to the presentation. If participants need help deciding which type of manikin they should use for practice, suggest that they practice on the manikin most similar in size to their pet. For example, participants with small dogs may choose to practice on feline manikins because the skills are similar for a cat or a small dog.

- Have participants form pairs and move to the manikins. Participants should alternate acting as responder and observer for each skill—one partner will be the responder for the skill of checking an unconscious cat or dog and the other will be the responder for the skill of rescue breathing.
- Lead the group of participants through the steps of each skill following the steps in the skill charts.
- After completing the practice, have participants return to their seats.

Skill Chart

Skill	Skill Component
Checking an Unconscious Cat or Dog	
<ul style="list-style-type: none"> ▪ Check the scene for safety. 	
Airway	To open the airway and check the throat and mouth for foreign objects— <ol style="list-style-type: none"> 1. Lay the animal down on her right side. 2. Gently tilt the head slightly back to extend the neck and head. 3. Pull the tongue between the front teeth. 4. Use your finger to check for and remove any foreign material or vomit from the mouth.
Breathing	<ul style="list-style-type: none"> ▪ Watch for the cat or dog to inhale and exhale. <ul style="list-style-type: none"> ○ The chest should rise and fall. (If the chest does not rise and fall or if the abdomen expands, it is an emergency.) ▪ If the animal is not breathing— <ol style="list-style-type: none"> 1. Cover and seal the entire mouth and nose with your mouth for a cat or a small dog. Gently hold the muzzle closed and place your mouth over the nose for a medium or large dog. 2. Gently exhale until you see the chest rise. 3. Give 4 to 5 rescue breaths and then check to see if the cat or dog is breathing without assistance. ▪ If the animal does not respond to the breaths, check circulation.
Circulation	<ol style="list-style-type: none"> 1. Lay the cat or dog down on her right side. 2. Gently bend the left front leg at the elbow and bring it back to where it touches the chest. 3. Using a light touch, place your hand or a stethoscope (available at most pharmacies) over this area on the chest to feel or hear and count heartbeats. <ul style="list-style-type: none"> ▪ If the animal is not breathing but her heart is still beating, begin rescue breathing. ▪ If the animal has no heartbeat, begin CPR.

Skill Chart

Skill	Skill Component
Rescue Breathing—Cat or Small Dog	
<ul style="list-style-type: none"> ▪ Check the scene for safety and then check the animal. ▪ If the cat or small dog is not breathing but the heart is still beating, begin rescue breathing. 	
Cat or Small Dog	<ol style="list-style-type: none"> 1. Place your mouth over the mouth and nose. Gently exhale until you see the chest rise. 2. Give 4 or 5 breaths rapidly and then check to see if the animal is breathing without assistance <ul style="list-style-type: none"> ▪ If the animal does not respond to the breaths, check circulation. Note: For this skill, a pulse is felt or heard. 3. If the animal is still not breathing, give 1 breath every 3 to 5 seconds (20-30 breaths per minute).

Skill	Skill Component
	4. Continue giving breaths, pausing every 2 to 3 minutes to check for breathing and a pulse.

Skill Chart

Skill	Skill Component
Rescue Breathing–Dog	<ul style="list-style-type: none"> ▪ Check the scene for safety and then check the dog. ▪ If the dog is not breathing but his heart is still beating, begin rescue breathing.
Medium, Large and Giant Dogs (30 pounds or more)	<ol style="list-style-type: none"> 1. Gently hold the muzzle closed. 2. Place your mouth over the dog’s nose. Gently exhale until you see the dog’s chest rise. 3. Give 4 or 5 breaths rapidly and then check to see if your dog is breathing without assistance. <ul style="list-style-type: none"> ▪ If your dog does not respond to the breaths, check circulation. Note: For this skill, a pulse is felt or heard. 4. If the animal is still not breathing, give 1 breath every 3 to 5 seconds (20-30 breaths per minute). 5. Continue giving breaths, pausing every 2 to 3 minutes to check for breathing and a pulse.

Tell participants:

- **Remember, for cats and small dogs, cover both the nose and mouth when giving rescue breaths.**
- **If the cat or dog does not begin to breathe or if the breathing is shallow and irregular, continue giving rescue breaths until you reach the veterinary hospital or for up to 20 minutes.**

TOPIC: CPR

Tell participants:

- **Cardiopulmonary resuscitation (CPR) is used for an animal that is not breathing and has no heartbeat or pulse.**
- **CPR is a combination of rescue breathing and chest compressions.**
- **Before starting CPR, you need to determine that the animal is not breathing and has no heartbeat or pulse when you are checking the animal’s ABCs.**
- **Do not assume that there is no heartbeat or pulse simply because an animal is not breathing. Always check for a heartbeat before starting chest compressions. (If the animal is conscious and responds to you, then the heart is beating.)**

DVD:

- Explain to participants that the following video segments show how to perform CPR on a cat and a dog.
- Show the *Cat First Aid* DVD video segment: “Cardiopulmonary Resuscitation” (1:15).
- Answer any questions participants have.

- Refer participants to *Cat First Aid*, pages 32 to 34, for more information on CPR for a cat.
- Show the *Dog First Aid* DVD video segment: “Cardiopulmonary Resuscitation” (2:10).
- Answer any questions participants have.
- Refer participants to *Dog First Aid*, page 36, for more information on CPR for a dog.

SKILL PRACTICE: CPR

- Explain to participants that in this skill session they are going to practice the steps for performing CPR on a cat and on a medium to large dog.
- Explain that the steps for performing CPR on a small dog are very similar to the steps for performing CPR on a cat, only the rate is different. For a cat the rate is 120 to 150 compressions per minute—or as fast as you can go. For a small dog the rate is 100 to 120 chest compressions per minute (about 2 to 3 per second).
- Tell participants that specific information on CPR for small dogs and giant dogs can be found on pages 36 to 38 in *Dog First Aid*.
- Refer participants to the comparison chart on page 40 of *Dog First Aid* that shows the differences between CPR for a small, medium or large and giant dog.
- Have participants form pairs and move to the training manikins. One participant should act as responder while the other participant observes.
- Lead the first group of participants through the steps of performing one-rescuer CPR for a cat following the steps in the skill chart.
- Have participants switch roles, then lead them through the steps of performing one-rescuer CPR for a medium to large dog following the steps in the skill chart.
- Next, lead participants through the steps of performing two-rescuer CPR for a medium to large dog following the steps in the skill chart. One participant will give compressions while the other participant gives rescue breaths.

Leader’s Note: The two-person CPR for a cat skill may be substituted for or practiced in addition to the two-person CPR for a dog skill, depending on the needs of the class and available time.

- If participants are able to clearly see and hear the DVD, have them remain in the manikin area for the next topic. If not, have participants return to their seats.

Skill Chart

Skill	Skill Component
CPR–Cat	<ul style="list-style-type: none"> ▪ Check the scene for safety and then check the cat. ▪ If the cat is not breathing and has no heartbeat or pulse, begin CPR.
One-Rescuer CPR	<ol style="list-style-type: none"> 1. With the cat lying down on her right side, kneel with her chest facing you. 2. Place the palm of one hand over her ribs at the point where her elbow touches the chest, just behind the front legs. 3. Place your other hand underneath her right side. 4. Compress the chest ½ to 1 inch or by 25 to 35 percent of her chest width (your elbows should be softly locked during compressions).

Skill	Skill Component
	<ol style="list-style-type: none"> 5. Give 1 rescue breath then 5 chest compressions at a rate of 120 to 150 compressions per minute—or as fast as you can. 6. Continue cycles of rescue breaths and chest compressions for 2 to 3 minutes and then check for breathing and a pulse.
Two-Rescuer CPR	<ol style="list-style-type: none"> 1. Lay the cat on his right side. 2. With two people, the first person kneels behind the cat's back to do compressions, while the second person gives rescue breaths from the front (chest side). 3. The person doing compressions— <ul style="list-style-type: none"> ○ Places one hand over and the other hand under the ribs, just behind the front legs. ○ Compresses the chest ½ to 1 inch or by 25 to 35 percent of his chest width with each compression (elbows should be softly locked during compressions). 4. Working as a team, give 1 rescue breath followed by 3 chest compressions at a rate of 120 to 150 chest compressions per minute—or as fast as you can. 5. Continue cycles of rescue breaths and chest compressions for 2 to 3 minutes and then check for breathing and a pulse.

Skill Chart

Skill	Skill Component
	<p>CPR—Medium to Large Dog (30 to 90 pounds)</p> <ul style="list-style-type: none"> ▪ Check the scene for safety and then check the dog. ▪ If the dog is not breathing and has no heartbeat or pulse, begin CPR.
One-Rescuer CPR	<ol style="list-style-type: none"> 1. With the dog lying down on her right side, kneel with her chest facing you. 2. Extend your arms at the elbows. 3. Cup one hand over the other. 4. Locate the point on the dog's chest where her left elbow lies when pulled back to the chest or at the widest part of the rib cage. Place the palm of your lower hand over her ribs at the point where her elbow touches the chest, just behind the front legs. 5. Compress the chest about 1 to 3 inches each time or by 25 to 35 percent of her chest width (elbows should be softly locked during compressions). 6. Give 1 rescue breath then 5 compressions at a rate of 100 chest compressions per minute (about 2 per second). 7. Continue cycles of rescue breaths and chest compressions for 2 to 3 minutes and then check for a pulse or breathing.
Two-Rescuer CPR	<ol style="list-style-type: none"> 1. Lay the dog on his right side. 2. The first person stands or kneels behind the dog's back, while the second person gives rescue breaths from the front (chest side) of the dog. 3. The person doing compressions— <ul style="list-style-type: none"> ○ Extends his or her arms at the elbows. ○ Cups hands over each other.

Skill	Skill Component
	<ul style="list-style-type: none"> ○ Compresses the chest at the point where the dog's left elbow lies when pulled back to the chest or at the widest part of the rib cage. ○ Compress the chest about 1 to 3 inches (25 to 35 percent of the chest width) with each compression. <p>4. Working as a team, give 1 rescue breath followed by 3 chest compressions at a rate of 100 compressions per minute (about 2 per second).</p> <p>5. Continue cycles of rescue breaths and chest compressions for 2 to 3 minutes and then check for a pulse or breathing.</p>

Tell participants:

- **Continue CPR until—**
 - **The animal has a heartbeat and is breathing on her own.**
 - **You reach the veterinary hospital.**
 - **20 minutes have passed and your efforts have not been successful.**
- **Now you will learn what to do if your cat or dog is choking.**

TOPIC: CHOKING

Tell participants:

- **Cats and dogs can choke on food or toys in an instant.**
- **Signs and symptoms of a choking cat or dog include—**
 - **Anxiousness; the cat or dog acts frantic.**
 - **The animal stops breathing.**
 - **Gums turn blue or white.**
 - **Loud breathing sounds.**
 - **Pawing at the mouth.**
 - **Struggling or gasping to breathe.**

Ask participants:

- **What may cause a cat or dog to choke?**

Answer: Responses should include the following:

- *An ill animal may choke on its own vomit*
- *An object can get stuck in throat*
- *The tongue can swell due to an allergic reaction*
- *Trauma to the neck or throat region*
- *Upper respiratory disease*

DVD:

- Explain to participants that the following video segment shows how to care for a dog that is choking.
- Tell participants that because there are only slight differences in the care steps for a cat that is choking and a small dog that is choking, only one video segment will be shown.
- Show the *Dog First Aid* DVD video segment: “Choking” (2:32).

Leader’ Note: *The Cat First Aid DVD video segment, “Choking” (2:03), may be substituted for or shown in addition to the video segment above, depending on the needs of the class and available time.*

- Answer any questions participants have.
- Refer participants to *Cat First Aid*, pages 34 to 36, for information on caring for a choking cat and *Dog First Aid*, pages 38 to 39, for more information on caring for a choking dog.

SKILL PRACTICE: CHOKING

- Explain to participants that in this skill session they are going to practice the care steps for a cat or a small dog that is choking and for a medium to large dog that is choking.
- Tell participants that the care steps for a cat that is choking and a small dog that is choking are essentially the same.
- Explain that the care steps for medium, large and giant dogs are slightly different than the care steps for a cat or small dog because larger dogs cannot be easily lifted.
- Have participants form pairs and move to the training manikins. One participant should act as responder while the other participant observes.
- Lead participants through the care steps for a conscious cat or a small dog that is choking following the steps in the skill chart.
- Have participants switch roles, so that the first observer acts as responder while the first responder acts as observer, then lead them through the care steps for a conscious dog (medium to large) that is choking following the steps in the skill chart.
- After completing the practice, have participants return to their seats.

Skill Chart

Skill	Skill Component
Choking–Cat or Small Dog	
<ul style="list-style-type: none"> ▪ Check the scene for safety and then check the animal. 	
Conscious Cat or Small Dog (dogs that can be lifted)	<ol style="list-style-type: none"> 1. Open the mouth, pull the tongue forward and carefully sweep the inside with your finger to try to feel and dislodge the object, vomit or foreign material. Be careful not to push the object farther into the throat. 2. Perform 5 abdominal thrusts: <ul style="list-style-type: none"> ○ Lift the animal up by the scruff on the back of its neck with one hand and hold her with the spine against your chest. ○ With the other hand, place your fist behind the last rib. ○ Compress the abdomen by pushing inward and upward with your fist 5 times quickly and rapidly. 3. Carefully sweep the mouth with your finger to dislodge the object, if it has not already come out on its own. 4. If this is unsuccessful, suspend the animal by the hips with the head hanging down. 5. Next, check the animal’s mouth again using a finger sweep and remove the object if possible. 6. If you cannot dislodge the object, give 5 sharp blows with the palm of your

Skill	Skill Component
	<p>hand to the animal's back between the shoulder blades.</p> <p>7. Carefully sweep the mouth with your finger to dislodge the object, if it has not already come out on its own.</p> <p>8. Repeat Steps 2-7 until the animal begins breathing on her own or until she becomes unconscious.</p>

Skill Chart

Skill	Skill Component
Conscious Choking—Medium, Large and Giant Dogs	
<ul style="list-style-type: none"> ▪ Check the scene for safety and then check the dog. 	
Medium, Large and Giant Dogs (animals too large to suspend)	<ol style="list-style-type: none"> 1. Open the mouth, pull the tongue forward and carefully sweep the inside with your finger to try to feel and dislodge the object. Be careful not to push the object farther into the throat. 2. Perform 5 abdominal thrusts: <ul style="list-style-type: none"> ○ Place the dog on his side. ○ Place the head and neck in a neutral position. ○ Place the palms of your hand below the rib cage. ○ Give 5 rapid abdominal thrusts in an inward and upward motion. 3. Check the dog's mouth with a penlight to see if the object is dislodged. 4. If unsuccessful, hold the dog's hind legs in the air (like a wheelbarrow) so the head hangs down. 5. Check the dog's mouth, remove the object if possible. 6. If you cannot dislodge the object, give 5 sharp back blows between the shoulder blades using the palm of your hand. 7. Carefully sweep the dog's mouth with your finger to dislodge the object, if it has not already come out on its own. 8. Repeat Steps 5-7 until the object is dislodged or the dog becomes unconscious.

Tell participants:

- **Caring for a cat or dog that is conscious and choking can be a challenge. The animal may be frantic and you may not be able to keep him still to look for or attempt to remove the object with your fingers.**
- **If the cat or dog is conscious and struggling and you believe that it is unsafe to attempt putting your fingers in the animal's mouth, go right to the abdominal thrusts followed by back blows.**
- **If the animal becomes unconscious, the steps are the same except that you give 5 rescue breaths before performing the initial 5 quick abdominal thrusts. Keep repeating the steps for conscious choking, adding the step of 5 rescue breaths before the 5 abdominal thrusts.**
- **Once the object is dislodged, stop abdominal thrusts, check the ABCs and begin CPR if needed.**
- **Take the animal to a veterinary hospital at once.**

WRAP-UP AND BRIDGE

Tell participants:

- Each of the situations in this lesson is a life-threatening emergency. The pet should be taken to a veterinary hospital immediately.
- The care steps for these life-threatening emergencies can be found in the *Cat First Aid* and *Dog First Aid* books. You should review these steps from time to time so that you remember what to do in the event of an emergency.

FREQUENTLY ASKED QUESTION

Q: Why should you stop rescue breathing or CPR on an animal after 20 minutes?

A: For a cat or dog that has not been breathing or whose heart has not been beating for longer than 20 minutes, there is little chance of successful recovery.

LESSON 5: BE INFORMED—INJURIES

Lesson Length

45 minutes

Lesson Objectives

By the end of this lesson, participants will be able to—

- Describe how to care for shock for a cat or dog.
- Describe how to provide basic wound care for a cat or dog.
- Describe how to control bleeding for a cat or dog.
- Describe how to provide care to a cat or dog with a sprain or strain.
- Describe how to care for a cat or dog with a suspected fracture.
- Describe how to care for a cat or dog with a suspected back or neck injury.
- Describe how to care for a cat or dog suffering from a burn.
- Describe how to care for a cat or dog involved in a car accident.

Materials, Equipment and Supplies

- *Cat First Aid* DVD
- *Dog First Aid* DVD
- DVD player and monitor
- Canine and feline training manikins (1 for every 2 participants)
- Roll gauze, 2-inch width
- Gauze pads
- Rigid splints or tongue depressors or cardboard splints
- Flat board (large enough to secure training manikins to simulate transport)
- Triangular bandages or cloth strips (long enough to wrap around flat board and training manikin)
- Adhesive tape, athletic tape or roll cohesive wrap (stretches, clings to itself but does not stick to fur)
- Disposable gloves (nonlatex) (optional)

Things to Do Prior to this Lesson

- Set up training manikins

Leader's Note: In some of the skill practice sessions in this lesson, there are skill steps that cannot be practiced, such as washing a wound with saline solution. In these instances, have participants simulate the actions.

TOPIC: CARING FOR INJURIES

Tell participants:

- **Cats and dogs, just like humans, are subject to injuries. Injuries can include—**
 - **Minor wounds, such as abrasions.**
 - **Punctures and bite wounds.**
 - **Burns.**

- Sprains and strains.
- Fractures.
- Back and neck injuries.
- The immediate care steps you take can help prevent further injury and increase the likelihood of a positive outcome.

TOPIC: CARING FOR SHOCK

Tell participants:

- Shock is the body's response to a change in blood flow and oxygen to the internal organs and tissues. It is always an emergency.
- Shock can result from a sudden loss of blood, a traumatic injury, heart failure, severe allergic reaction (anaphylactic shock), organ disease or an infection circulating through the body (septic shock).
- To care for shock—
 1. Assess the animal's ABCs; perform CPR as needed.
 2. Control bleeding if present.
 3. Warm the animal with a thermal blanket. Wrap the blanket around the animal's body.
 4. Elevate the animal's hind end slightly by placing a blanket underneath it.
NOTE: Do not do this if you suspect a broken neck or back.
 5. Take your pet to a veterinary hospital immediately.

DVD:

- Explain to participants that this video segment discusses the signs and symptoms of shock and basic care steps.
- Tell participants that because there are only slight differences in the symptoms of shock for a cat and a dog, only one video segment will be shown.
- Show the *Dog First Aid* DVD video segment: "Shock" (1:01).

Leader's Note: The Cat First Aid DVD video segment, "Shock" (0:32), may be substituted for or shown in addition to the video segment above, depending on the needs of the class and available time.

- Answer any questions participants have.
- Refer participants to *Cat First Aid*, page 104, and *Dog First Aid*, page 102, for more information on caring for shock.

TOPIC: WOUNDS

Tell participants:

- There are different types of wounds that could require care, including—
 - Abrasions.
 - Lacerations, also referred to as cuts and tears.
 - Bite wounds.
 - Punctures.
 - Embedded objects.

- Burns.
- **During this lesson, we will not go over specific care for each type of wound, but rather go over general steps for basic wound care and how to control bleeding.**
- ***Cat First Aid* and *Dog First Aid* are excellent resources for details on how to care for each type of wound.**
- **There is a very low risk of transmitting infection between humans and cats or dogs. However, the use of nonlatex disposable gloves is recommended when treating animal wounds to help keep the wound clean.**
- **Using disposable gloves is not absolutely necessary, so do not delay providing care to your pet if gloves are not available.**

Bleeding Wounds

Tell participants:

- **Abrasions are scrapes to the skin's top layers. They can be shallow and heal easily or large and more serious.**
- **Lacerations, or cuts and tears, are wounds that cut through the skin to the deeper underlying layers.**
 - **They may be deep enough to involve underlying veins, arteries, nerves, ligaments, muscles, tendons or even bone.**
 - **It is crucial to assess your pet's condition and to see the extent of the laceration so you can treat it the right way.**
 - **If the laceration is minor, you can treat it at home; if it is major and bleeding heavily, take your pet to a veterinarian.**
- **Puncture wounds and bite wounds can look minor from the outside, but can be deceptively deep and serious. If the wound is not immediately apparent, the injured animal may develop an infection or abscess 1 or 2 days after the injury.**
- **The pads of cat's and dog's feet contain many blood vessels that cause them to bleed heavily when injured. Due to their location and function, pad injuries are quite common, especially for dogs.**

ACTIVITY: BASIC WOUND CARE

- Explain to participants that for most wounds, the care you provide is similar.
- Refer participants to the Abrasions section in *Cat First Aid*, page 38, or *Dog First Aid*, page 42, and have them follow along as you explain basic wound care.
- Explain that basic wound care is as follows:
 1. Wash your hands and put on nonlatex, disposable gloves.
 2. Apply a sterile, water-soluble (not petroleum-based) lubricant to the area around the wound so hair does not contaminate the wound while you shave the area.
 3. Clip hair around the area gently with grooming clippers or, as a last resort, scissors. If using scissors, do not cut too close to the skin and be sure to keep the scissors parallel so that you will be less likely to poke the skin if the animal moves suddenly.
 4. Flush the wound and surrounding area with warm water or saline solution (1 teaspoon of salt dissolved in 1 quart of warm water) to remove the skin lubricant.

5. Wash the wound with water or saline solution to remove any remaining dirt or debris. If necessary, wet a gauze sponge with sterile saline solution to clear away any remaining debris.

Serious Bleeding

Tell participants:

- There are two types of serious bleeding.
 - If the cat or dog is bleeding from an artery, there will be rhythmically spurting blood. The bleeding will be rapid and profuse and therefore, difficult to stop.
 - Bleeding from a vein is slower and less profuse. It is much easier to stop and less dangerous, unless a large vein is involved.

DVD:

- Explain to participants that the following video segments show how to care for a cat or a dog that is bleeding or has a pad wound.
- Show the *Dog First Aid* DVD video segment: “Pad Wounds” (1:00).
- Answer any questions participants have.
- Show the *Cat First Aid* DVD video segment: “Abrasions, Cuts and Tears and Pad Wounds” (2:00).
- Answer any questions participants have.
- Explain to participants that there are several sections in the *Cat First Aid* and *Dog First Aid* books that list care steps for a cat or a dog that has suffered different types of wounds and is bleeding. Tell participants the *Cat First Aid* and *Dog First Aid* books have the following sections on wounds:
 - Abrasions, page 38 in *Cat First Aid* and page 42 in *Dog First Aid*.
 - Bleeding, pages 45 to 47 in *Cat First Aid* and pages 48 to 50 in *Dog First Aid*.
 - Cuts and Tears, pages 63 and 64 in *Cat First Aid* and page 65 in *Dog First Aid*.
 - Pad Wounds, pages 87 and 88 in *Cat First Aid* and pages 89 to 91 in *Dog First Aid*.

SKILL PRACTICE: CONTROLLING BLEEDING

- Explain to participants that in this skill session they are going to practice the steps for controlling bleeding on a cat or a dog and then practice how to care for pad wounds. Have participants form pairs and move to the training manikins.

Leader’s Note: Participants may practice the following skills on either a canine or a feline manikin or on both canine and feline manikins. Allowing participants to practice these skills on both types of manikins will add more time to the course. If participants need help deciding which type of manikin they should use for practice, suggest that they practice on the manikin most similar in size to their pet. For example, participants with small dogs may choose to practice on feline manikins because the skills are similar for a cat and a small dog.

- Have one participant in each group act as responder while the other participant observes the skill of controlling bleeding.

- Lead the participants through the steps of controlling bleeding following the steps in the skill chart. Responders should imagine that the cat or dog has a bleeding injury to the upper part of his front leg, above the elbow.

Skill Chart

Skill	Skill Component
Controlling Bleeding <ul style="list-style-type: none"> ▪ Check the scene for safety and then check the animal. ▪ Wash your hands and put on nonlatex, disposable gloves. 	
Direct Pressure	<ol style="list-style-type: none"> 1. Hold a gauze pad, wash cloth or other clean material over the bleeding site and apply direct pressure. 2. If the material becomes soaked through, do not remove it but apply another cloth over it. Do this repeatedly if necessary. 3. If bleeding does not stop, continue to apply direct pressure over the wound and— <ul style="list-style-type: none"> ○ For spurting blood, hold the area just <i>above</i> the wound with your hand. ○ For blood that is flowing heavily but not spurting, hold the area just <i>below</i> the bleeding site.
Pressure Bandage	<p>If bleeding continues—</p> <ol style="list-style-type: none"> 1. Wrap roll gauze or other soft material around the wound just tight enough to stop the bleeding. Do not make it too tight. 2. Secure with tape or cohesive wrap. 3. If you wrapped a limb, check repeatedly for swelling of the toes or toes that become cold; these indicate your bandage is too tight, in which case you will need to loosen it. 4. If the limb does not appear to be broken, elevate the limb above the heart, while continuing to apply direct pressure.
Pressure Point	<p>If bleeding continues, apply firm, even pressure to the appropriate pressure point:</p> <ul style="list-style-type: none"> ▪ Bleeding on the front limbs. Press three fingers up and into the armpit on the side with the bleeding limb. ▪ Bleeding on the back limbs. Press three fingers on the area of the inner thigh where the leg meets the body wall on the side with the bleeding limb. ▪ Bleeding of the head. Press three fingers at the base of the lower jaw (the angle just below the ear) on the same side and below where the bleeding is occurring. ▪ Bleeding of the neck. Press three fingers in the soft groove next to the windpipe (which feels round and hard) just below the wound on the side of the neck where the bleeding is occurring. <i>Do not</i> apply pressure to the windpipe itself. <p>When using pressure points to control bleeding, release pressure slightly, for a few seconds, at least every 10 minutes.</p>

SKILL PRACTICE: PAD WOUNDS

- Explain to participants that pad wounds are quite common for dogs. Although not as common in cats, they are still certainly possible.
- Explain that the following care steps should be used on a minor pad wound for a cat or a dog. If the pad wound is serious and bleeding severely, follow the steps for controlling bleeding.
- Have responders switch roles and then lead them through the steps of caring for a pad wound. Explain that they should follow the steps for bandaging the wound found on pages 87 and 88 of *Cat First Aid* or pages 89 to 91 of *Dog First Aid*.
- If participants are able to clearly see and hear the DVD, have them remain in the manikin area for the next two topics. If not, have participants return to their seats.

Skill Chart

Skill	Skill Component
Pad Wounds	<ul style="list-style-type: none"> ▪ Check the scene for safety and then check the animal. ▪ Wash your hands and put on nonlatex, disposable gloves.
	<ol style="list-style-type: none"> 1. Remove any obvious foreign object and try to stop the bleeding using direct pressure. 2. Wash the area with saline solution (dissolve 1 teaspoon salt in 1 quart of warm water) or with warm, soapy water. 3. Dry the foot. Then apply an antibiotic ointment to help prevent infection. 4. Bandage the foot by placing a strip of adhesive tape on each side of the foot, starting at the ankle or wrist and extending several inches past the bottom of the foot. The tape on either side of the leg acts like stirrups to hold the bandage in place—the tape should go directly on the fur. 5. Place a nonstick pad or gauze pad over the wound. 6. Wrap the paw with roll gauze, starting from the toes and ending just above the ankle or wrist. 7. Pull the ends of the sticky tape over the end of the roll gauze bandage as far as it will go, with the sticky part twisted to face and adhere to the bandage. 8. Place an elastic or cling roll bandage or roll cohesive wrap over the cotton working from the toes to the ankle. Do not wrap tightly. 9. Make sure the bandage is not too tight; check for toe swelling and feel the limb just above the bandage for coolness, swelling or pain. If any of these are evident, loosen the bandage.

Tell participants:

- **Information is available in *Cat First Aid* on page 47 and *Dog First Aid* on page 50 for how to use a tourniquet in the event that the bleeding cannot be controlled by direct pressure, a pressure bandage and pressure points.**
- **Pressure points and tourniquets should be used only as a last resort, in a life-or-death situation. (For example, the animal has lost enough blood to lose consciousness.) Persistent decreased blood flow to the area may cause severe damage.**

- For any severe bleeding and if bleeding cannot be controlled, no matter the cause or type, care for shock and take your pet to a veterinarian immediately.
- Always take your pet to the veterinarian or call your veterinarian to discuss any wound.

Eye and Ear Injuries

DVD:

- Explain to participants that following video segments show how to care for a cat or a dog that has an injury to an eye and a dog with an injury to an ear.
- Show the *Cat First Aid* DVD video segment: “Eye Injuries” (1:22).
- Answer any questions participants have.
- Show the *Dog First Aid* DVD video segment: “Eye Injuries and Ear Injuries” (1:32).
- Answer any questions participants have.
- Refer participants to *Cat First Aid*, pages 67 to 73, and *Dog First Aid*, pages 69 to 76, for more information on caring for eye or ear injuries.

TOPIC: INJURIES TO THE BONES, MUSCLES AND JOINTS

Sprains, Strains and Fractures

Tell participants:

- A sprain is an injury involving a ligament (the tissue that connects bones to bones or bones to muscles). A strain is an injury to a muscle.
- Signs and symptoms of a sprain or strain include—
 - Limping (not placing the limb down at all or placing less weight on it).
 - Pain when the area is touched.
 - Swelling.
- Fractures are breaks in the bone.
- Signs and symptoms of a fracture include—
 - Disfigurement (part of the limb seems to be abnormally positioned).
 - Lameness (not placing full weight on a limb).
 - Pain.
 - Piece of bone sticking through the skin.
 - Possible bruising (which can be difficult to see under the fur).
 - Swelling.
- Splints are placed to keep the fractured limb immobilized to prevent further damage if veterinary care is not immediately available and can be used for fractures at or below the elbow and at or below the knee.
- To correctly immobilize a fracture, the joints above and below the fracture site must be included in the splint.

Broken Back or Neck

Tell participants:

- A broken back or neck is a very serious injury. Your pet may be in extreme pain so it's very important to carefully muzzle and restrain her to protect anyone who's trying to help.

- **Signs and symptoms of a broken back or neck include—**
 - **Front legs that are stiff and extended.**
 - **Pain.**
 - **Inability to move the head, hind legs or both front and hind legs.**
 - **An open anus.**
 - **Dribbling urine or feces.**
 - **Divot (an area on the spine that appears lower than the rest of the back).**

DVD:

- Explain to participants that following video segments show how to care for a cat or dog that you suspect has a fracture.
- Show the *Dog First Aid* DVD video segment: “Fractures and Broken Back or Neck” (2:14).
- Answer any questions participants have.
- Show the *Cat First Aid* DVD video segment: “Fractures” (1:34).
- Answer any questions participants have.
- Refer participants to *Cat First Aid*, pages 52 to 55, and *Dog First Aid*, pages 55 to 57, for more information on injuries to the bones, muscles and joints.
- Tell participants that more information on a broken back or neck can be found in *Cat First Aid*, page 57, and *Dog First Aid*, page 59.

SKILL PRACTICE: SPLINTING AND MOVING AN ANIMAL WITH A SUSPECTED BROKEN BACK OR NECK

- Explain to participants that in this skill session they are going to practice the steps for immobilizing a suspected fracture and moving an animal with a suspected broken back or neck.
- Have participants move to the training manikins, staying with the same partners as in the last skill practice.

Leader’s Note: Participants may practice the following skill on either a canine or a feline manikin or on both canine and feline manikins. Allowing participants to practice this skill on both types of manikins will add more time to the course. If participants need help deciding which type of manikin they should use for practice, suggest that they practice on the manikin most similar in size to their pet. For example, participants with small dogs may choose to practice on feline manikins because the skill is similar for a cat and a small dog.

- Have one participant in each group act as responder while the other participant observes the splinting skill.
- Lead the first group of participants through the steps of splinting following the steps in the appropriate (cat or dog) skill chart. Responders should imagine that the cat or dog has an injury below the elbow on one of his front legs.
- Have partners switch roles and lead the second group through the steps of moving a pet with a suspected broken back or neck using the steps in the following skill chart.
- Have participants return to their seats.

Skill Chart

Skill	Skill Component
Splinting–Cat	
<ul style="list-style-type: none"> ▪ Check the scene for safety and then check the cat. 	
	<ol style="list-style-type: none"> 1. Splint the limb in the position you find it. 2. Place a rigid structure along one or each side of the fractured limb. 3. Place a strip of adhesive tape on each side of the foot, starting several inches above the injury and extending several inches past the end of the foot. These will act as stirrups, keeping the bandage in place. 4. Hold the splint in place with tape placed at multiple sites surrounding the splint and limb, or bandage the splint in place with roll gauze, starting at the toes and extending up. 5. Do not disturb the bones—try to hold both sides of the fracture steady and don't wrap too tightly. Pull the ends of the sticky tape over the end of the gauze roll bandage as far as it will go, with the sticky part twisted to face and adhere to the bandage. 6. Place an elastic or cling roll bandage over the roll gauze starting at the toes. 7. Make sure the tape or bandage is not so tight that it cuts off circulation. Check this by ensuring you can fit two fingers between the tape or bandage and the limb.

Skill Chart

Skill	Skill Component
Splinting–Dog	
<ul style="list-style-type: none"> ▪ Check the scene for safety and then check the dog. 	
	<ol style="list-style-type: none"> 1. Splint the limb in the position you find it. 2. Place a rigid board or cardboard splint along each side of the fractured limb. 3. Hold the splint in place with tape placed at multiple sites surrounding the splint and limb, or with cloth strips, wrapped and tied around the limb and splint at multiple spots. 4. Do not disturb the bones—try to hold both sides of the fracture steady, and do not wrap too tightly. 5. If no rigid material is available, the uninjured leg may act as a splint. Tape or tie the uninjured leg to the injured leg, placing a thin layer of cotton or cloth between them, if possible. 6. Make sure your tape or ties are not so tight they cut off circulation. To monitor this, make sure you can always place two fingers between the tape or cloth and the limb.

Skill Chart

Skill	Skill Component
Moving an Animal with a Suspected Broken Back or Neck	
<ul style="list-style-type: none"> ▪ Check the scene for safety and then check the animal. 	

Skill	Skill Component
	<ol style="list-style-type: none"> 1. Check the ABCs; perform CPR as needed. 2. Try to slide a board under the animal, keeping him as still as possible: <ul style="list-style-type: none"> ▪ Place a board up on its side along the back the animal ▪ It is best if the head, chest and legs can be held to prevent movement. ▪ Then lower the board and, at the same time, slide the animal onto it, keeping the body and head as still as possible. ▪ Secure the animal to the board by placing tape or strips of cloth over him and around the board.

Tell participants:

- **Splinting a limb incorrectly can cause more damage.**
- **If you are unsure about splinting a limb or if your pet struggles too much, it is better to transport the pet in a fashion that causes the least movement on the way to the veterinary hospital, such as in a box or pet carrier.**
- **When you need to move a cat or a dog with a suspected broken back or neck to get him to a veterinarian, take care to keep him as still as possible.**

TOPIC: CAR ACCIDENTS

Tell participants:

- **Cats and dogs can be unpredictable. Even the best-trained dog can be lured into the street by a cat or squirrel and cats can easily sneak out an open door or window.**
- **There are steps you can take to reduce the chance of your pet being involved in a car accident, including—**
 - **ALWAYS be sure to look around and under your car before backing up.**
 - **KEEP your cat as an indoor pet and make sure she wears a break-away (to prevent choking), reflective collar.**
 - **KEEP your dog as an indoor pet and make sure he is leashed or confined while outdoors.**
 - **NEVER transport your dog in the back of an open pickup truck unless he is confined in a sturdy, well-ventilated carrier that is secured to the truck. Whenever you transport a cat by car, always use a cat carrier.**

DVD:

- Explain to participants that this video segment shows how to care for a dog that has been involved in a car accident. Tell participants the information in the video segment applies to cats and dogs.
- Show the *Dog First Aid* DVD video segment: “Car Accidents” (1:18).

Leader’s Note: The Cat First Aid DVD video segment, “Car Accidents” (1:03), may be shown in addition to the video segment above, depending on the needs of the class and available time.

- Answer any questions participants have.

- Refer participants to *Cat First Aid*, pages 59 and 60, and *Dog First Aid*, pages 61 and 62, for more information on caring for a cat or dog that has been involved in a car accident.

Tell participants:

- **Any animal that has been hit by a car should be taken directly to a veterinary hospital.**
- **Because the animal's body is initially attempting to compensate for the trauma, early shock may be difficult to identify.**
- **Many internal injuries caused by the trauma may not show up for 12 to 72 hours after the incident. These can include—**
 - **Slow leakage of blood from internal organs.**
 - **Rupture of the urinary bladder or other internal organs.**
 - **Air or blood leaking into the chest cavity.**
- **If you have witnessed the accident, make a mental note of exactly where on the body the animal was hit, whether the animal was hit or was driven over, and whether the animal was thrown.**
- **Often, even in very serious cases, the animal will get up and attempt to walk away. This does not necessarily mean he is not severely injured; it is an instinctive response to escape danger.**

TOPIC: ANIMAL BITES AND ABSCESSSES

DVD:

- Explain to participants that this video segment shows how to care for a cat that has been bitten by another animal. Tell participants the information in the video segment applies to cats and dogs.
- Show the *Cat First Aid* DVD video segment: “Animal Bites and Abscesses” (1:30).
- Answer any questions participants have.
- Refer participants to *Cat First Aid*, pages 44 and 45, and *Dog First Aid*, pages 47 and 48, for more information on caring for a cat or dog that has been bitten by another animal.

TOPIC: BURNS

Tell participants:

- **Cats are notorious for jumping onto hot stoves and catching their tails on fire, as well as seeking out warm car engines in the cold weather; but dogs can get burns too.**
- **Burns are classified by severity based on how deep the burn is and the extent of the body burned.**
- **Superficial burns that are extensive and cover a large area can be quite dangerous.**
- **Deep burns that are limited in the area they affect are also dangerous because of their penetration into and damage to the tissues.**
- **Severe burns can lead to shock and place your pet at risk for significant infection and potential death.**

DVD:

- Explain to participants that this video segment shows how to care for a cat with a burn. Tell participants the information in the video segment applies to cats and dogs.

- Show the *Cat First Aid* DVD video segment: “Burns” (1:59).

Leader’s Note: The *Dog First Aid* DVD video segment, “Burns” (1:48), may be shown in addition to the video segment above, depending on the needs of the class and available time.

- Answer any questions participants have.
- Refer participants to *Cat First Aid*, pages 58 and 59, and *Dog First Aid*, pages 60 and 61, for more information on caring for a cat or dog that is suffering from a burn.

Tell participants:

- **To care for a cat or dog with a burn—**
 1. **Check for signs of shock in the case of deep or extensive burns.**
 2. **Cool water should be applied as soon as possible. This decreases pain and may decrease the penetration of heat further into the tissues. If the burn involves only one body part, you can immerse the animal in a cool bath.**
 3. **If more than one body part is affected, do not immerse the animal. Instead, run cool water directly over the areas or place cool compresses on the areas. Immersing a cat or dog with extensive burns may cool the skin too quickly and cause shock.**
 4. **Place a sterile nonstick pad or clean moist cloth over the burned area to keep it clean.**
 5. **Take your pet to a veterinary hospital immediately.**
- **Do not place any ointments, butter or petroleum jelly on burns.**

TOPIC: ELECTRIC SHOCK

Tell participants:

- **Although not very common, electric shock or electrocution injuries occur when an inquisitive cat or dog bites an electric cord. This may be more common with puppies and kittens.**
- **Burns in and around the mouth are indications that an electrical cord was bitten. The animal may also have difficulty breathing because of an accumulation of fluid in the lungs as a result of biting an electrical cord.**
- **Some ways to help prevent electric shock include the following:**
 - **Use plastic sleeves or cord covers to prevent access to electric cords. These are available at hardware or computer stores.**
 - **Place cords in inaccessible locations whenever possible.**
 - **Unplug all electric cords when not in use.**
 - **Provide appropriate toys for chewing kittens and puppies.**
 - **If you see your pet showing interest in a cord, rub the cord with a hot pepper sauce or other deterrents, such as Bitter Apple[®] (available at pet supply stores).**

DVD:

- Explain to participants that this video segment describes the symptoms of electric shock and tells how to care for a cat that is a victim of electric shock. Tell participants the information in the video segment applies to cats and dogs.
- Show the *Cat First Aid* DVD video segment: “Electrical Shock and Burns” (1:20).

Leader's Note: The Dog First Aid DVD video segment, "Electric Shock" (1:06), may be shown in addition to the video segment above, depending on the needs of the class and available time.

- Answer any questions participants have.
- Refer participants to *Cat First Aid*, page 69, and *Dog First Aid*, pages 71 and 72, for more information on caring for electric shock.

WRAP-UP AND BRIDGE

Tell participants:

- **Whenever an animal experiences significant trauma, including a wound that is bleeding severely or an injury to a muscle, bone or joint, you should first provide care for shock.**
- **Your immediate care steps can increase the likelihood of a positive outcome.**
- **In most cases, you need to take your pet to the veterinarian for further care. Keep him as still as possible as you transport.**

FREQUENTLY ASKED QUESTIONS

Q: Is it better to use a saline solution or soapy water to clean a wound?

A: It is better to use a saline solution to clean a wound because it is a sterile solution that cleans wounds effectively. Soapy water is adequate for cleaning dirty wounds, but it is not sterile. If saline solution is not available, proceed with soapy water—the most important thing is to clean the wound of dirt.

Q: Why should you not put any ointments, butter or petroleum jelly on burns?

A: You should not put any ointments, butter or petroleum jelly on burns because these substances can cause more harm and make infection more likely. These substances do not help dissipate the heat and can actually end up causing more pain when they must be cleaned from the wound.

LESSON 6: BE INFORMED—SUDDEN ILLNESSES

Lesson Length

20 minutes

Lesson Objectives

By the end of this lesson, participants will be able to—

- Describe general care for a cat or dog with a sudden illness.
- Describe how to care for a cat or dog that has a seizure.
- Describe steps for caring for a cat or dog that has been poisoned.
- Describe how to care for a cat or dog suffering from a cold- or heat-related emergency.

Materials, Equipment and Supplies

- *Cat First Aid* DVD
- *Dog First Aid* DVD
- DVD player and monitor

TOPIC: CARING FOR SUDDEN ILLNESSES

Tell participants:

- There are many different types of sudden illness that could affect your cat or dog and require prompt first aid care.
- In some cases the cause will be clear, while in other cases, you may not have any idea what is wrong.
- There are some concepts of first aid care that are common for sudden illnesses—no matter the cause.
- When dealing with a sudden illness, you need to always keep a close watch for life-threatening situations and give care as needed.
- In this lesson we are going to cover the following:
 - Collapse
 - Seizures
 - Poisoning
 - Snakebite
 - Temperature extremes
 - Urinary blockages
- For details on each condition, refer to the appropriate sections of *Cat First Aid* or *Dog First Aid*.

TOPIC: COLLAPSE

Tell participants:

- An animal that collapses is in serious trouble. She may be in shock, have heart disease or be beginning to have a seizure.
- Regardless of the cause, take these steps:
 - Check the ABCs; perform CPR if needed.

- Check for shock.
- Take your pet to a veterinarian immediately.

TOPIC: SEIZURES

Tell participants:

- As terrifying as they may be to watch, most seizures do not harm your cat or dog. Many have no residual effects at all.
- However, take your pet to a veterinarian if—
 - It is your pet's first seizure.
 - It is not your pet's first seizure, but her seizure lasts longer than 2 minutes.
 - There are multiple, repeating seizures.
- There are three phases of a seizure and each phase has distinctive signs and symptoms:
 - Before a seizure (pre ictal), the animal may seem dazed or anxious, may seek you or may seek a safe place.
 - During an active seizure (ictal), the animal often will fall over, twitch, urinate, defecate and drool. In addition, she may not recognize you or may fall over and be stiff and rigid (grand mal seizure). Some seizures may look like the animal is just staring into space or biting at invisible things (chewing gum seizures).
 - After a seizure (post ictal), the animal may be disoriented, walk into walls or appear to be blind. Cats and dogs may also behave normally following a seizure.
- If your pet experiences a seizure, take these steps:
 1. Make sure your pet is in a safe place (not at the top of a staircase or anywhere from which a fall is possible).
 2. Time how long the active phase of the seizure lasts.
 3. Keep your hands away from the animal's mouth. Do not attempt to hold the tongue. (The animal will not swallow her tongue.) Your cat or dog may not know who you are during a seizure. Many pet owners are bitten while attempting to handle their pet during a seizure.
 4. Try not to disturb the animal during and after an active seizure.
 5. Keep a log of your pet's seizures. Include the date, the time of day, how long after a meal and how long the active seizure phase lasted.

TOPIC: TEMPERATURE EXTREMES

Heat Stroke and Heat Exhaustion

Tell participants:

- Heat stroke, or hyperthermia, occurs when an animal severely overheats as the weather turns warm and has not yet acclimated to it.
- If the heat stroke has not advanced too far (with a body temperature of more than 104° F), you can help your cat or dog recover.
- Keep in mind that cats and dogs do not have sweat glands, so they can dispel heat only by panting and through the pads of their feet.
- Make sure your pet has plenty of cool water and shade during hot weather.

DVD:

- Explain to participants that the following video segment shows how to care for a dog that is suffering from heat stroke. Tell participants the information in the video segment applies to cats and dogs.
- Show the *Dog First Aid* DVD video segment: “Heat Stroke” (1:47).

Leader’s Note: The Cat First Aid DVD video segment, “Heat Exhaustion and Heat Stroke” (1:20), may be shown in addition to the video segment above, depending on the needs of the class and available time.

- Answer any questions participants have.
- Refer participants to *Cat First Aid*, pages 81 and 82, and *Dog First Aid*, pages 82 and 83, for more information on caring for a pet that is suffering from heat stroke.

Tell participants:

- **Never leave your pet in a parked car! Even with the windows cracked, your pet can quickly suffer heat stroke—and even die. Temperatures can rapidly exceed 120° F in parked cars!**

Hypothermia

Tell participants:

- **Hypothermia is a drastic reduction of body temperature and happens when cats or dogs have been exposed to frigid temperatures for too long or if the fur gets wet in a cold, windy environment.**
- **When the body temperature drops, heart rate and breathing slow down.**
- **The consequences of extreme hypothermia include neurological problems (including coma), heart problems, kidney failure, slow or no breathing and frostbite.**

Frostbite

Tell participants:

- **Frostbite is the freezing of a body part or exposed skin and is a common occurrence in cases of acute hypothermia.**
- **The body parts most susceptible to frostbite include the tail, the tips of the ears and the pads of the feet.**

DVD:

- Explain to participants that this video segment shows how to care for a dog that is suffering from exposure to cold temperatures. Tell participants the information in the video segment applies to cats and dogs.
- Show the *Dog First Aid* DVD video segment: “Hypothermia/Frostbite” (1:54).

Leader’s Note: The Cat First Aid DVD video segment, “Hypothermia/Frostbite” (1:00), may be shown in addition to the video segment above, depending on the needs of the class and available time.

- Answer any questions participants have.

- Refer participants to *Cat First Aid*, pages 77 and 83, and *Dog First Aid*, pages 79 and 84, for more information on hypothermia and frostbite.

TOPIC: POISONING

Tell participants:

- **There are many different substances and sources that can poison a pet.**
- **Poisons can be eaten, inhaled or absorbed through the skin.**

ACTIVITY: SOURCES OF POISONS

- Working in groups of 3 over the next 2 minutes, have participants discuss and write down items found in and around the home that are poisonous to a cat or dog.

DVD:

- Explain to participants that the following video segment describes different types of poisons that are harmful to cats and shows how to care for a cat that has ingested a poison. Tell participants the information in the video segment applies to cats and dogs.
- Have participants consult their lists as the video plays and add any poisons that they may have missed.
- Show the *Cat First Aid* DVD video segment: “Poisoning” (2:20).

Leader’s Note: The Dog First Aid DVD video segment, “Poisoning” (2:58), may be shown in addition to the video segment above, depending on the needs of the class and available time.

- Answer any questions participants have.
- Refer participants to *Cat First Aid*, pages 95 to 99, and *Dog First Aid*, page 96, for more information on caring for a cat or dog that has been poisoned.

Tell participants:

- **If you suspect your pet has been exposed to any type of poison, call your veterinarian first.**
- **Then, if needed, contact the Animal Poison Control Center at 1-888-426-4435 for advice on what to do. There is a fee for calling the Animal Poison Control Center.**
- **If possible, try to have the following information available when you make your call:**
 - Exact name of the poison
 - How much the animal ate or was exposed to
 - How long ago exposure or ingestion occurred
 - The animal’s vital signs (temperature, heart rate, breathing rate, capillary refill time and mucous membrane color)
 - Approximate weight of the animal

TOPIC: SNAKEBITES

Tell participants:

- There are a variety of poisonous snakes throughout the United States that can be harmful to cats and dogs, including pit vipers, such as rattlesnakes, copperheads and cottonmouths, and coral snakes.
- If you suspect a poisonous snakebite, attempt to identify the snake, but don't get too close.
- If you have to kill the snake to protect yourself or your pet, take it with you for identification. Be aware that the fangs on a decapitated snake's head may be venomous for up to 1½ hours.
- Check the ABCs; perform CPR as needed.
- Check for signs of shock.
- Attempt to keep your pet calm and still.
- Put on nonlatex, disposable gloves and wash the wound with water and mild soap.
- Immediately transport your pet to a veterinary hospital. If possible, carry your pet to the car. Any movement may cause the toxin to spread faster.
- There are some important “do nots” related to snakebites, including the following:
 - Do not cut open the wound.
 - Do not attempt to suck venom from the wound.
 - Do not use a tourniquet.
 - Do not apply ice.
- Any of these actions can do more harm than good.

TOPIC: URINARY BLOCKAGES

Tell participants:

- Urinary blockage is a life-threatening medical emergency. It can result from urethral disease, bladder inflammation or a bladder stone.

DVD:

- Explain to participants that the following video segment describes the signs and symptoms of and care for urinary blockages for a cat.
- Show the *Cat First Aid* DVD video segment: “Urinary Blockages” (0:57).
- Answer any questions participants have.
- Refer participants to *Cat First Aid*, pages 108 and 109, and *Dog First Aid*, pages 107 and 108, for more information on caring for a pet that has a urinary blockage.

WRAP-UP AND BRIDGE

Tell participants:

- There are many different types of sudden illnesses that could affect your pet and require prompt first aid care.
- Always keep a close watch for life-threatening situations and give care as needed.
- The *Cat First Aid* and *Dog First Aid* book and DVD sets are excellent resources to guide you in specific care for the different types of sudden illness.

LESSON 7: WRAP-UP AND CLOSING

Lesson Length

10 minutes

Materials, Equipment and Supplies

- *Cat First Aid* DVD
- *Dog First Aid* DVD
- DVD player and monitor
- *Has Completed Universal Certificates* (one for each participant) (optional)

Things to Do Prior to this Lesson

- Complete *Has Completed Universal Certificates* indicating Cat and Dog First Aid with “N/A” in the validity period (one for each participant)(optional)

ACTIVITY: CONFIRMING YOUR CAT AND DOG FIRST AID KNOWLEDGE

- Have participants return to their “Test Your Cat and Dog First Aid Knowledge Quiz.”
- Review the answers to each question.
- Ask participants if they have any questions that were not answered during the presentation.

Leader’s Note: If there are questions that you cannot answer, suggest that participants consult the appropriate expert, such as their veterinarian, animal control agency or poison control center.

DVD:

- Explain to participants that this video segment reinforces the importance of knowing how to give first aid care to your cat and dog and keeping up with your first aid knowledge and skills.
- Show the *Cat First Aid* DVD video segment: “Closing” (1:00).

Leader’s Note: The Dog First Aid DVD video segment, “Closing” (:57), may be substituted for or shown in addition to the video segment above, depending on the needs of the class and available time.

- Answer any questions participants have.

ACTIVITY: WRAP-UP

- Remind participants that during this presentation they learned—
 - How to be prepared for emergencies that involve a cat or dog.
 - How to protect themselves and their pets from further harm, injury or suffering during emergencies by using prompt, effective, first aid actions and care.
- Remind participants that first aid for cats and dogs is the immediate and temporary care given to an injured animal until it can be taken to a professional veterinarian for medical care and attention.

- Explain that if they would like more information on “pet care,” many excellent books are on the market that give pet owner’s advice on how to choose, feed and otherwise take good day-to-day care of pets.
- Explain to participants that it is important that they also be prepared for emergencies that can happen to humans. To enroll in a first aid course that includes training in CPR and how to use an automated external defibrillator (AED), they should contact their local Red Cross chapter.

ACTIVITY: CLOSING

- Issue *Has Completed Universal Certificates* indicating Cat and Dog First Aid to participants, if desired.
- Answer any questions participants have.

Leader’s Note: *At the conclusion of the presentation, complete the appropriate reporting forms and turn them in to your local Red Cross chapter within established timeframes:*

- *If certificates are not issued, complete and sign the Course Record.*
- *If Has Completed Universal Certificates are issued, complete and sign the Course Record and Course Record Addendum.*

Section C: Leader Resources

1. **Manikin Decontamination and Use**
2. **Test Your Cat and Dog First Aid Knowledge Answer Key**

MANIKIN DECONTAMINATION AND USE

Because it is vitally important to prevent the spread of infectious disease through manikin use, manikins should be cleaned and disinfected carefully and consistently. To minimize the already low risk of disease transmission during mouth-to-mouth training on a manikin, all participants should—

- Wash their hands thoroughly before working with the manikin.
- Not eat or drink during manikin use.
- Use their own face shield or breathing barrier, if one is provided, each time they practice on the manikin.
- Properly decontaminate the manikin between uses and after demonstrations by the leader (even when breathing barriers are used).

Before each class, inspect the manikins for cracks or rips in the face or snout that make it difficult or impossible to clean the manikin properly. Do not use any manikin that has cracks or rips in the face or snout.

- Properly decontaminate manikins during class. Some manikins need to be decontaminated during use. Some manikins have disposable plastic bags that protrude from the mouth, covering the manikin's face. Others have individual manikin faces that are applied at the time of practice. For all manikins except those with plastic bags, vigorously wipe the entire face, snout and the inside of the mouth. Use a clean, absorbent material (e.g., 4" x 4" gauze pad) wet with either a solution of liquid household chlorine bleach and water ($\frac{1}{4}$ -cup sodium hypochlorite per gallon of tap water) or rubbing alcohol.
- The surfaces should remain wet for at least one minute before they are wiped dry with a second piece of clean, absorbent material. The bleach solution must be made fresh just before each class and discarded after use. Since chlorine bleach may be objectionable to some people, an alternative is 70 percent alcohol (isopropanol or ethanol). Although alcohol can kill many bacteria and viruses, there are some that it cannot kill. But when alcohol is combined with vigorous scrubbing of the manikin's face, it is highly unlikely that any infectious diseases will be transmitted.
- Properly decontaminate manikins after each class. As soon as possible after the end of each class session in which manikins are used, all manikins should be properly cleaned. Follow manufacturer's recommendations for disassembly. To properly decontaminate a manikin, have chlorine bleach solution and gauze pads, a bottle brush, soap and water, basins or buckets, nonsterile disposable gloves (such as vinyl or nitrile) and any other supplies recommended by the manikin manufacturer.

As soon as possible after the end of each class session, replace or clean the manikin's head and airway passages as follows:

1. Wash with warm, soapy water.
2. Rinse with clean water.
3. Decontaminate by soaking in the bleach solution for 10 minutes.
4. Rinse with fresh water.
5. Dry all internal and external surfaces. Rinsing with alcohol will aid drying of the internal surfaces.

Vigorously scrubbing manikin parts with soap and water is as important as soaking them in the bleach solution. Protective gloves should be worn throughout the disassembling, cleaning and decontaminating procedures. Always wear safety goggles and protective gloves when cleaning manikins with chlorine bleach solution. Always clean manikins in a well-ventilated area.

TEST YOUR CAT AND DOG FIRST AID KNOWLEDGE ANSWER KEY

True or False

- 1. T or F** Even if I have a well-stocked first aid kit on hand for humans, I should also have a pet-specific first aid kit.

Answer: True. (Lesson 2)
- 2. T or F** In the event that I must evacuate my home due to a natural disaster, it is a good option to leave my pet inside the home as long as there is adequate food and water.

Answer: False. Animals left inside a home can escape if the home is damaged. (Lesson 2)
- 3. T or F** An injured cat that is arching its back with its tail up, has hair standing up and is hissing is exhibiting signals that he may bite.

Answer: True. (Lesson 3)
- 4. T or F** Hurt, sick or scared animals rarely bite their owners, so muzzling is only suggested when a stranger attempts to give care.

Answer: False. All hurt, sick or scared animals may be inclined to bite, so they should generally be muzzled before any care is attempted. (Lesson 3)
- 5. T or F** If an animal is not breathing, you can safely assume that there is no heartbeat or pulse.

Answer: False. Do not assume that there is no heartbeat or pulse simply because an animal is not breathing. Always check for a heartbeat before starting chest compressions. (Lesson 4)
- 6. T or F** Tourniquets should be used to control bleeding as long as the bleeding continues for 5 minutes or more.

Answer: False. Pressure points and tourniquets should be used only as a last resort, as in a life-or-death situation. Persistent decreased blood flow to the area may cause severe damage. (Lesson 5)
- 7. T or F** If a dog gets up and walks away after a car accident, he may still be severely injured.

Answer: True. (Lesson 5)
- 8. T or F** Most seizures don't harm your pet. In fact, many have no residual effects at all.

Answer: True. As long as the seizure does not last longer than 3 to 5 minutes and the pet is not going in and out of a seizure. (Lesson 6)

9. **T or F** **Except for rare situations, such as being left unattended in a hot car in the summer, cats rarely experience heat-related illnesses.**

Answer: False. Cats, as well as dogs, do not have sweat glands, so they can dispel heat only by panting and through the pads of their feet. Make sure your pet has plenty of cool water and shade during hot weather. (Lesson 6)

10. **T or F** **If you suspect your pet has been exposed to any type of poison, immediately call 9-1-1 or the local emergency number.**

Answer: False. You should not call 9-1-1 or the local emergency number. If you suspect your cat has been exposed to any type of poison, call your veterinarian first. Then, if needed, contact the Animal Poison Control Center at 1-888-426-4435 for advice on what to do. There is a fee to call this service. (Lesson 6)

Section D: Participant Packet

1. **Health Precautions and Guidelines During Training**
2. **Test Your Cat and Dog First Aid Knowledge Quiz**
3. **Emergency Telephone Numbers for Pets**
4. **Important Telephone Numbers in Case of Evacuation**
5. **Information for Pet Carrier when Sheltering**
6. **How to Remove Disposable Gloves**



Cat and Dog First Aid

Participant Packet

HEALTH PRECAUTIONS AND GUIDELINES DURING TRAINING

The American Red Cross has trained millions of people in first aid, cardiopulmonary resuscitation (CPR) and automated external defibrillators (AEDs) using manikins as a training aid. The Red Cross follows widely accepted guidelines for cleaning and decontaminating training manikins. If these guidelines are adhered to, the risk of any kind of disease transmission during training is extremely low. To help minimize the risk of disease transmission, you should follow some basic health precautions and guidelines while participating in training. You should take precautions if you have a condition that would increase your risk or other participants' risk of exposure to infections. Request a separate training manikin if you—

- Have an acute condition, such as a cold, a sore throat or cuts or sores on the hands or around your mouth.
- Know you are seropositive (have had a positive blood test) for hepatitis B surface antigen (HBsAg), indicating that you are currently infected with the hepatitis B virus.*
- Know you have a chronic infection indicated by long-term seropositivity (long-term positive blood tests) for the hepatitis B surface antigen (HBsAg)* or a positive blood test for anti-HIV (that is, a positive test for antibodies to HIV, the virus that causes many severe infections, including AIDS).
- Have had a positive blood test for hepatitis C (HCV).
- Have a type of condition that makes you unusually likely to get an infection.

To obtain information about testing for individual health status, go to:
www.cdc.gov/ncidod/diseases/hepatitis/c/faq.htm.

After a person has had an acute hepatitis B infection, he or she will no longer test positive for the surface antigen but will test positive for the hepatitis B antibody (anti-HBs). Persons who have been vaccinated for hepatitis B will also test positive for the hepatitis antibody. A positive test for the hepatitis B antibody (anti-HBs) should not be confused with a positive test for the hepatitis B surface antigen (HBsAG).

If you decide you should have your own manikin, ask your leader if he or she can provide one for you to use. You will not be asked to explain why in your request. The manikin will not be used by anyone else until it has been cleaned according to the recommended end-of-class decontamination procedures. Because the number of manikins available for class use is limited, the more advance notice you give, the more likely it is that you can be provided a separate manikin.

Guidelines

In addition to taking the precautions regarding manikins, you can further protect yourself and other participants from infection by following these guidelines:

- Wash your hands thoroughly before participating in class activities.
- Do not eat, drink, use tobacco products or chew gum during class when manikins are used.

* A person with hepatitis B infection will test positive for the hepatitis B surface antigen (HBsAg). Most persons infected with hepatitis B will get better within a period of time. However, some hepatitis B infections will become chronic and linger for much longer. These persons will continue to test positive for HBsAg. Their decision to participate in CPR training should be guided by their physician.

- Clean the manikin properly before use.
 - For some manikins, this means vigorously wiping the manikin's face, snout and the inside of its mouth with a clean gauze pad soaked with either a fresh solution of liquid chlorine bleach and water ($\frac{1}{4}$ -cup sodium hypochlorite per gallon of tap water) or rubbing alcohol. The surfaces should remain wet for at least 1 minute before they are wiped dry with a second piece of clean, absorbent material.
 - For other manikins, it means changing the manikin's face or snout. The leader will provide you with instructions for cleaning the type of manikin used in your class.
- Follow the guidelines provided by the leader when practicing skills, such as clearing a blocked airway with your finger.

Physical Stress and Injury

Due to the nature of the skills in this course, you will be participating in strenuous activities, such as performing CPR on the floor. If you have a medical condition or disability that will prevent you from taking part in the skills practice sessions, please let your leader know so that accommodations can be made.

TEST YOUR CAT AND DOG FIRST AID KNOWLEDGE QUIZ

True or False

1. **T or F** Even if I have a well-stocked first aid kit on hand for humans, I should also have a pet-specific first aid kit.
2. **T or F** In the event that I must evacuate my home due to a natural disaster, it is a good option to leave my pet inside the home as long as there is adequate food and water.
3. **T or F** An injured cat that is arching its back with its tail up, has hair standing up and is hissing is exhibiting signals that he may bite.
4. **T or F** Hurt, sick or scared animals rarely bite their owners, so muzzling is only suggested when a stranger attempts to give care.
5. **T or F** If an animal is not breathing, you can safely assume that there is no heartbeat or pulse.
6. **T or F** Tourniquets should be used to control bleeding as long as the bleeding continues for 5 minutes or more.
7. **T or F** If a dog gets up and walks away after a car accident, he may still be severely injured.
8. **T or F** Most seizures don't harm your pet. In fact, many have no residual effects at all.
9. **T or F** Except for rare situations, such as being left unattended in a hot car in the summer, cats rarely experience heat-related illnesses.
10. **T or F** If you suspect your pet has been exposed to any type of poison, immediately call 9-1-1 or the local emergency number.

EMERGENCY TELEPHONE NUMBERS FOR PETS

Directions: After filling in the information, make copies of this sheet and place one in each pet first aid kit, place one in your emergency preparedness kit and post one next to each telephone in your home.

Pet Name: _____

Special Conditions: _____

Medications: _____

Pet Name: _____

Special Conditions: _____

Medications: _____

Pet Name: _____

Special Conditions: _____

Medications: _____

Pet Name: _____

Special Conditions: _____

Medications: _____

Veterinarian: _____

After-Hours Emergency Veterinary Hospital: _____

Animal shelter or Animal Care and Control Agency: _____

American Society for the Prevention of Cruelty to Animals (ASPCA)

Animal Poison Control Center: (There may be a fee for these calls.) 1-888-426-4435

IMPORTANT TELEPHONE NUMBERS IN CASE OF EVACUATION

Directions: Complete this sheet with information about people and organizations you can rely on in the event of a disaster where evacuation is required. Place this sheet in your emergency preparedness kit with your pets' medical records.

In Your Local Area

	Name	Telephone Number	Address
Family			
Friends			
Pet-Friendly Hotel			
Pet-Friendly Hotel			
Veterinarian			
Emergency Vet Hospital			
Emergency Vet Hospital			
Boarding Facilities			
Boarding Facilities			
Local Animal Shelter			
Remote Animal Shelter			

IMPORTANT TELEPHONE NUMBERS IN CASE OF EVACUATION

continued

Out of State

	Name	Telephone Number	Address
Family			
Friends			
Pet-Friendly Hotel			
Pet-Friendly Hotel			
Veterinarian			
Emergency Vet Hospital			
Emergency Vet Hospital			
Boarding Facilities			
Boarding Facilities			
Local Animal Shelter			
Remote Animal Shelter			

NOTE: *Most human emergency shelters will not allow animals, except service pets, to stay there. If you have more than one pet, you might have to house them separately during an evacuation period.*

INFORMATION FOR PET CARRIER WHEN SHELTERING

Directions: Complete this sheet with your information and attach it to your pet's carrier if sheltering is required during a disaster. Also, attach a photo with you and your animal together to this sheet.

Pet Name: _____

Pet's Breed: _____

Medications: _____

Special Conditions: _____

Your Name: _____

Your Pre-Disaster Telephone Number: _____

Your Pre-Disaster Address: _____

Your Temporary Shelter Telephone Number: _____

Your Temporary Shelter Address: _____

E-mail Address: _____

HOW TO REMOVE DISPOSABLE GLOVES



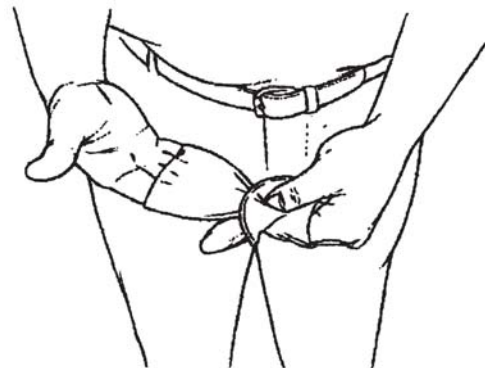
1. *Partially remove first glove*

- Pinch glove at the wrist, being careful to touch only the glove's outside surface.
- Pull glove toward the fingertips without completely removing it.
- The glove is now partly inside out.

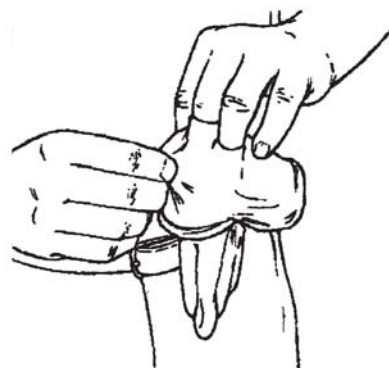


2. *Remove second glove*

- With your partially gloved hand, pinch the outside surface of the second glove.



- Pull the second glove toward the fingertips until it is inside out, and then remove it completely.



3. *Finish removing both gloves*

- Grasp both gloves with your free hand.
- Touch only the clean interior surface of the glove.

4. *After removing both gloves...*

- Discard gloves in an appropriate container.
- Wash your hands thoroughly.