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DOG FIRST AID Guide

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VETERINARY HELP LINE



nunavik@chuv.umontreal.ca
514 345-8521, ext. 0065

The Veterinary Help Line and this guide were created to meet the need for veterinary services in the Northern communities where veterinary services are not available. This service is free and only offered to the residents of Nunavik and Eeyou Istchee territories.

Faculty of Veterinary Medicine of Université de Montréal

The Faculty of Veterinary Medicine of Université de Montréal offers free veterinary advice for cats and dogs to all residents of these northern communities. Please leave a detailed message, including your name and a phone number where you can be reached.

The Veterinary Help Line only allows us to offer basic advice to the pet owner; if possible, the animal should be seen by a veterinarian in all cases.

Information you should provide

When contacting the Veterinary Help Line, please make sure to provide the following information:

- Cat or dog;
- Age;
- Sex (male or female);
- Spayed or neutered (sterilized);
- Approximate weight;
- Vaccines received (which ones and when);
- Reason for contacting us;
 - General symptoms (what is the problem?)
 - When did the problem begin?
 - Evolution over time (getting better, worse or stable)
- Did you give any treatment or medication to your animal since the problem began?
- Is your animal vomiting or having diarrhea?
- Is it eating and drinking like it would normally?
- What does your animal normally eat and how many times a day/week?
- Any associated event or condition such as fighting, pregnancy, giving birth, access to chemicals/poisons, etc.
- Is your animal on any medication for other reasons (antibiotics, pain killers, etc.)?

When possible, send pictures or videos of the problem by e-mail. This will help the veterinarian to better assess the problem and adapt the recommendations for treatment.

NUTRITION

Nutrition

An animal can be fed fish, meat or dry kibble. If the fish/meat contains parasites or is not fresh, it should be frozen for 24 hours or cooked before being fed to the animal as it could make the animal sick. At all times, the animal should have access to fresh water.

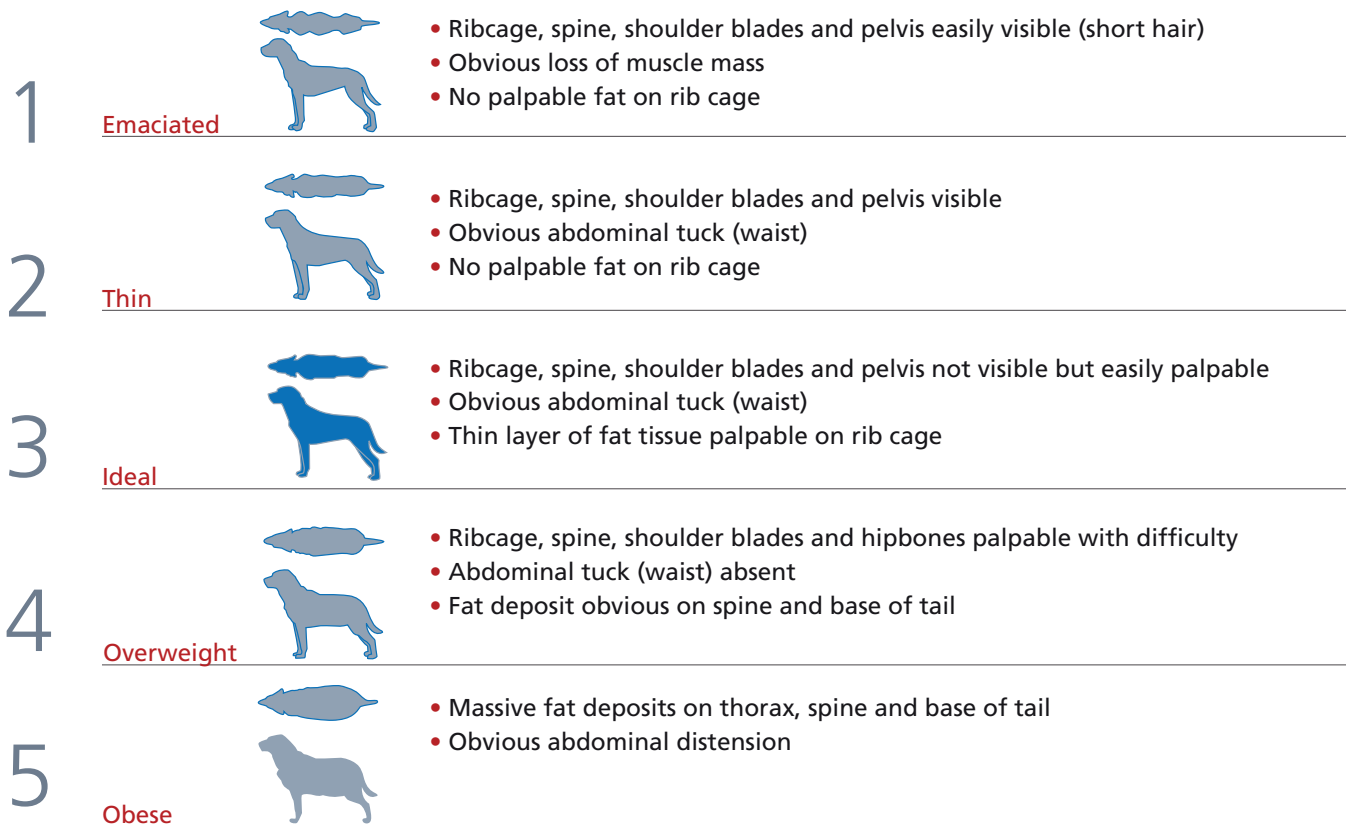
How much food to feed an animal

Compare your animal's shape to the following chart. The ideal body score is 3.

More food should be fed to the animal if its body score is below 3.

If its body score is over 3, the amount of food fed daily should be gradually lowered until the animal reaches the ideal body score.

Animals with an ideal weight are more likely to be healthy. Their body can fight diseases more easily, they are more resistant to extreme temperatures (warm and cold), they have more energy and are able to run for longer and faster.

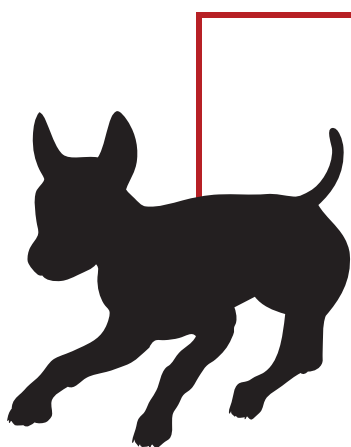


VACCINATION

What are vaccines?

Vaccines prepare an animal's body to fight specific diseases and prevents it from getting sick.

How often should a dog be vaccinated?



Puppies (0-1 year old)

CORE VACCINE
(**PARVOVIRUS, DISTEMPER,**
ADENOVIRUS, PARAINFLUENZA)

Vaccinate at 2 months, 3 months, 4 months and 1 year of age

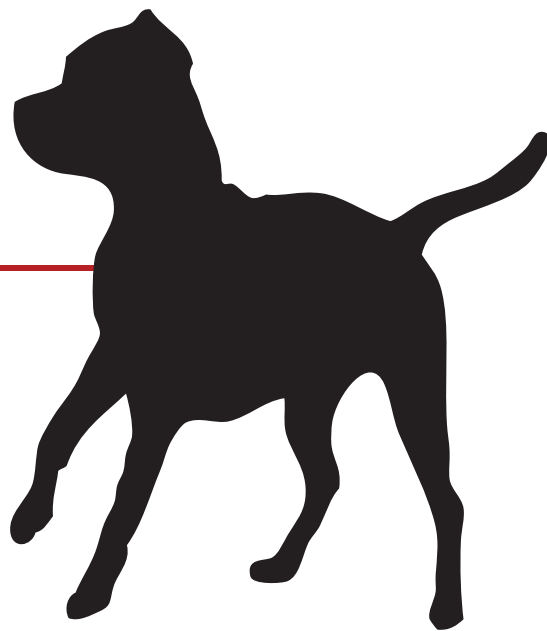
RABIES VACCINE

Vaccinate at 3 months and 1 year of age

Adults

CORE VACCINE
(**PARVOVIRUS, DISTEMPER,**
ADENOVIRUS, PARAINFLUENZA)
AND RABIES VACCINE

Vaccinate every year for the Rabies and Core vaccines.



Refer to the *Parvovirus* and *Distemper* chapters for more information.



When your animal is vaccinated, it is important to keep the vaccination certificate and to put the rabies tag on your animal's collar.

Where to get your animal vaccinated?

LOCAL VACCINATORS

The local vaccinator of your community can be contacted when your animal needs to be vaccinated or treated for parasites (refer to the Parasites chapter for more information). For more information, contact your Municipal Office.

VACCINATION CLINICS

Once or twice annually, the Centre Hospitalier Universitaire Vétérinaire (CHUV) with the help of the Ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec (MAPAQ) organizes vaccination clinics for dogs and cats. You may contact your Municipal Office for more information about the next clinic being held in your community

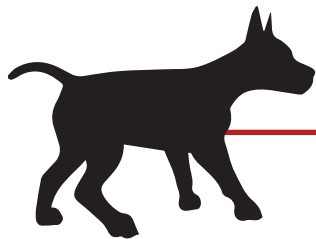
PARASITES

Parasites of the intestine

Parasites of the intestine are frequent. Dogs should be treated for parasites at the frequency detailed below.

SYMPTOMS OF A PARASITE INFECTION

Dogs often do not show any signs of the infection. However, adults can lose weight and puppies can be thin but have a big abdomen when infected. Worms may be seen in the stools (look like grains of rice or spaghetti) or vomit (look like spaghetti).



Puppies should be treated at 2, 4 and 6 months of age

Adult should be treated once in March, June, September and December



ROUNDWORMS

Roundworms are very common. They can cause vomiting, diarrhea and weight loss. They can be seen in the animal's stools or vomit and look like spaghetti.

This infection can be treated with *Strongid T*[®] (pyrantel pamoate) or *Combantrin*[®] (pyrantel pamoate). Refer to the following section for more information.

TAPEWORMS

Tapeworms don't usually cause any symptoms. However, they can sometimes cause diarrhea and vomiting. They can be seen in the animal's stools and look like grains of rice.

This infection cannot be treated with the medications described below. However, other medications can be prescribed by a veterinarian to treat tapeworms (refer to the *Veterinary Help Line* chapter for more information). This infection can be prevented by feeding frozen fish instead of raw fish to dogs.

NORTHERN HOOKWORMS

Hookworms cause diarrhea and weight loss.

This infection can be treated with *Strongid T*[®] (pyrantel pamoate) or *Combantrin*[®] (pyrantel pamoate). Refer to the following section for more information.

WHIPWORMS

Whipworms cause diarrhea.

This infection cannot be treated with the medications described below. However, other medications can be prescribed by a veterinarian to treat whipworms (refer to the *Veterinary Help Line* chapter for more information).

Treatment

Roundworms and hookworms can be treated with *Strongid T*[®] (pyrantel pamoate) or *Combantrin*[®] (pyrantel pamoate). If an animal is infected with one of these parasites, treat it once and repeat the treatment 10 days later with one of the products described below. You may then follow the prevention schedule described above.

COMBANTRIN[®]

You can get this medication at your health clinic or hospital. It is sold in tablets of 35mg or 125mg or in a liquid formulation.

Liquid formulation: Shake well before use. With a syringe without a needle (found in the first aid kit), give orally the dose of *Combantrin*[®] corresponding to your animal's weight in this table. These doses are equivalent to 5 mg/kg of *Combantrin*[®] (50 mg/mL).

Tablets of 35 mg or 125 mg: Give orally the dose of *Combantrin*[®] corresponding to your animal's weight in this table. These doses are equivalent to 5 mg/kg of *Combantrin*[®]. Refer to the *Giving medication to an animal* chapter for more information.

COMBANTRIN[®]

| Dog's weight | Dose (millilitres) | Dose (35 mg tablets) | Dose (125 mg tablets) |
|-----------------|--------------------|-------------------------|------------------------|
| 5 kg (11 lbs) | 0,5 mL | $\frac{3}{4}$ tablet | - |
| 10 kg (22 lbs) | 1 mL | 1 $\frac{1}{2}$ tablets | $\frac{1}{2}$ tablet |
| 15 kg (33 lbs) | 1,5 mL | 2 tablets | $\frac{3}{4}$ tablet |
| 20 kg (44 lbs) | 2,0 mL | 3 tablets | $\frac{3}{4}$ tablet |
| 30 kg (66 lbs) | 3,0 mL | 4 $\frac{1}{4}$ tablets | 1 $\frac{1}{4}$ tablet |
| 40 kg (88 lbs) | 4,0 mL | 5 $\frac{3}{4}$ tablets | 1 $\frac{3}{4}$ tablet |
| 50 kg (110 lbs) | 5,0 mL | 7 tablets | 2 tablets |

STRONGID T[®]

Contact your local vaccinator (refer to the *Vaccination* chapter) to have access to this medication. If not available, contact the Veterinary Help Line (refer to the *Veterinary Help Line* chapter for more information).

Shake well before use. With a syringe without a needle, give orally the dose of *Strongid T[®]* corresponding to your animal's weight in this table. These doses are equivalent to 5 mg/kg of *Strongid T[®]* (50 mg/mL). Refer to the *Giving medication to an animal* chapter for more information.

STRONGID T[®]

| Dog's weight | Dose (millilitres) |
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| 5 kg (11 lbs) | 0,5 mL |
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| 20 kg (44 lbs) | 2,0 mL |
| 30 kg (66 lbs) | 3,0 mL |
| 40 kg (88 lbs) | 4,0 mL |
| 50 kg (110 lbs) | 5,0 mL |

RABIES

Getting bitten by an animal

WHAT TO DO IF A PERSON GETS BITTEN BY A WILD OR DOMESTIC ANIMAL

Immediately wash the bite wound(s) for 15 minutes using soap and water.

The animal might have been infected with rabies. It is therefore important to take the person to the nursery / hospital as he or she may need to receive rabies antibodies and vaccines.



If an animal or a human is infected with rabies and develops symptoms, the disease is always fatal. Therefore, precautions should always be taken as described above when a person gets bitten by an animal, even if it seemed healthy.

WHAT TO DO WITH THE BITING ANIMAL

Contact your local authorities or the public health office for more information.

WHAT TO DO IF A DOG GETS BITTEN BY A WILD ANIMAL

Inform your local authorities that your dog was bitten by a wild animal. Clean the bite wound as described below.

1. It is VERY IMPORTANT to wear latex gloves before cleaning the bite wound;
2. Clean the bite wound (Refer to the *Wounds* chapter for more information);
3. Wash your hands with warm water and soap;
4. Contact the Municipal Office or the local vaccinator in your community to have your animal vaccinated within the first 7 days following the bite.

Rabies

Animals and humans can be infected with rabies. Wild animals most often responsible for transmitting rabies in Nunavik are the arctic foxes. Cats and dogs that come in contact with an infected animal can also become infected.



An animal infected with rabies may take 2 days and up to over 6 months before showing any signs of the disease. If an animal or a human shows symptoms of an infection with rabies, the disease is always fatal.

INFECTION IN WILD ANIMALS

An infected animal may show the following signs:

- Loses of fear of human;
- Drools (foaming at the mouth);
- Roams around the village;
- Attacks dogs or humans;
- Loses its balance, has difficulty walking;

Not all wild animals show these signs. They might behave normally.

INFECTION IN DOMESTIC ANIMALS

An infected cat or dog may show the following signs:

- Loses its appetite;
- Drools (foaming at the mouth);
- Changes in behavior;
- Loses its balance, has difficulty walking;

Not all domestic animals show these signs. They might behave normally.

TRANSMISSION OF RABIES

Rabies is transmitted by the saliva of an infected animal when it bites another animal or a human. Rabies cannot be transmitted by contact with blood, urine or stools of an infected animal.

How to prevent rabies

VACCINATION

Vaccination of dogs and cats against rabies is the best way to prevent this infection. All vaccinated animals should wear their rabies tag on their collar. Refer to the *Vaccination* chapter for more information.

KENNEL COUGH

Kennel cough is a respiratory infection caused by a bacteria and/or virus. This disease is very contagious and is transmitted in the air or by contact with the secretions of a sick animal.

SYMPTOMS OF KENNEL COUGH

The most frequent symptom is a persistent cough. The dog may also have less energy and eat less. Sometimes, nasal discharges and signs of an eye infection are present.

FIRST AID

It is important you contact the Veterinary Help Line to get veterinary advice (refer to the *Veterinary Help Line* chapter for more information).



Always isolate the sick animal from other dogs to prevent the transmission of the disease.

Most infections will heal without treatment. However, the animal should always be kept at rest until all symptoms resolve.

A treatment may be necessary in the following cases and you should contact the Veterinary Help Line to get veterinary advice if you note one of these signs (refer to the *Veterinary Help Line* chapter for more information):

- The cough is important or worsens;
- The animal seems weak or tired;
- The animal is coughing, has nasal discharges and/or signs of an eye infection;
- Symptoms don't resolve after 21 days.

DISTEMPER



Vaccination prevents this disease in most cases. Refer to the *Vaccination* chapter for more information.

Distemper is caused by a virus transmitted by dogs or by wild animals such as foxes, wolves and minks. It is very contagious and transmitted in the air or by contact with the secretions of a sick animal. It usually affects dogs that are between 3 and 6 months old.

SYMPTOMS OF DISTEMPER

Lethargy, signs of an eye infection, coughing, diarrhea and vomiting are the most common symptoms of distemper. A loss of balance and seizures may also be present.

FIRST AID

It is important you contact the Veterinary Help Line to get veterinary advice (refer to the *Veterinary Help Line* chapter for more information).



Always isolate the sick animal from other dogs to prevent the transmission of the disease.

1. Contact the Veterinary Help Line as soon as possible as medication will very likely be necessary (refer to the *Veterinary Help Line* chapter for more information);
2. Ensure the animal has access to fresh water at all times;
3. Feed the animal everyday;
4. If the animal is vomiting or has diarrhea, refer to the *Diarrhea* and *Vomiting* chapters for more information.

PARVOVIRUS



Vaccination prevents this disease in most cases. Refer to the *Vaccination* chapter for more information.

Parvovirus is caused by a virus. It is very contagious and the virus is found in the stools of a sick animal or on the ground where a sick animal defecated. It usually affects very young puppies but dogs of all ages may get infected.

SYMPTOMS OF PARVOVIRUS

Weakness, liquid and bloody diarrhea, vomiting and loss of appetite are the most common symptoms of parvovirus. Death may occur very rapidly if untreated.

FIRST AID

It is important you contact the Veterinary Help Line to get veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

Always isolate the sick animal from other dogs to prevent the transmission of the disease . The virus causing this disease remains on the ground contaminated by the stools of a sick animal for several months and other dogs may get infected if in contact with that ground. Therefore, no dog should be kept in the area where an animal infected with parvovirus was kept for a minimum of 1 year.

1. Contact the Veterinary Help Line as soon as possible as medication will very likely be necessary (refer to the *Veterinary Help Line* chapter for more information);
2. Ensure the animal has access to fresh water at all times;
3. Feed the animal everyday;
4. If the animal is vomiting or has diarrhea, refer to the *Diarrhea* and *Vomiting* chapters for more information;
5. If the animal has access to indoors, all floors should be cleaned with bleach and water.

ZOONOSES

A zoonosis is a disease transmitted from an animal to a human. Some diseases can be transmitted to you by dogs. Simple precautions prevent most infections:

- Always wash your hands with soap after touching an animal;
- Don't let an animal lick you;
- If you have to handle dog stools, do it with a shovel, a plastic bag or gloves and wash your hands afterwards.

Potential zoonoses transmitted by dogs and cats

- Roundworms – transmitted in the stools or vomit;
- Tapeworms – transmitted in the stools;
- Hookworms – transmitted in the stools
- Whipworms – transmitted in the stools;
- Rabies – transmitted by the saliva when an infected animal bites a human;
- Cryptosporidium – transmitted in the stools;
- Giardia – transmitted in the stools;
- Toxoplasma – transmitted in contaminated meat or in the stools of an infected cat;
- Mites – transmitted through a contact with the infected animal.

This list is not exhaustive.

Refer to the *Parasites* and *Rabies* chapters for more information. For information about diseases that are not discussed in this text, please call your local hospital or health clinic.

HOW TO APPROACH A SICK OR INJURED DOG

Approaching an animal

Always approach slowly and avoid direct eye contact with the animal. Let it smell the back of your hand. Try not to make quick movements and keep an eye on its reactions. Speak in a soft, soothing voice.

WARNING SIGNS

An animal may become aggressive if it is showing one or more of these signs:

- Animal is growling and its ears are flat on its head;
- Animal is showing its teeth;
- Hair is raised on its shoulders and back;
- Animal is staring at you;
- Tail is tucked between the animal's hind legs.



To prevent dog bites, it is important to teach children how to recognize the warning signs described above and to approach an animal safely.

Muzzle

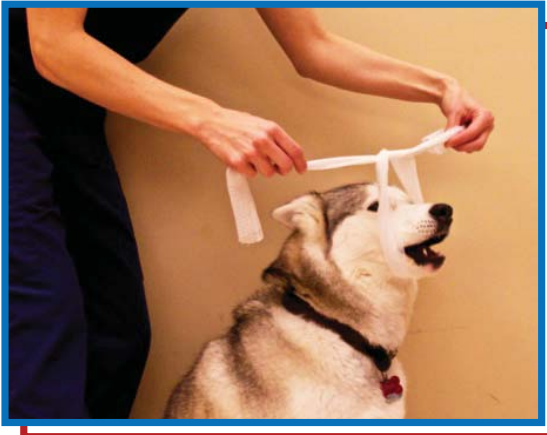
Before providing care to a sick or injured animal, it is better to muzzle the animal. If the owner is present, ask him or her to do it. You can use a soft rope or cloth, but rolled gauze (found in the first aid kit) works best.



This technique should NOT be used if the animal is vomiting, coughing or is not breathing normally. Moreover, a muzzled dog should never be left unattended.



1 Make a large loop in the rope/rolled gauze;



2 Stand behind the animal and slide the loop around its nose;



3 Tighten the loop on the animal's nose;



4 Wrap the ends around the animal's nose, criss-cross them under its chin and tie them behind its head. The animal should be able to breathe normally.

Restraining techniques

Before using any of these restraining techniques, it is better to place a muzzle on the animal.

STANDING POSITION



1. Place your arm around the dog's neck. Make sure the animal can breathe normally;
2. Look towards the animal's rear end to avoid getting bitten;
3. Place your other arm around the animal's abdomen;
4. At all times, hold the animal tightly against your body.

LYING POSITION



1. Stand or put one knee down at the dog's side;
2. Reach over the animal's body and grab the front and hind legs that are the closest to your body;
3. Pull the legs away from you. As the animal drops, make sure its head doesn't hit the ground. You may ask someone to hold the head as you pull on the legs;



4. Hold the front and hind legs that are touching the ground at all times. With your forearms, put pressure on the animal's neck, shoulder and hips to prevent the animal from moving and getting up;
5. Make sure the animal can breathe normally.

Moving the animal



IN YOUR ARMS

Place one arm around the animal's chest and the other behind its hind legs. If the animal has a hind-leg injury, place your other arm around its abdomen.

Watch your face and hands as the animal could turn around and bite you.

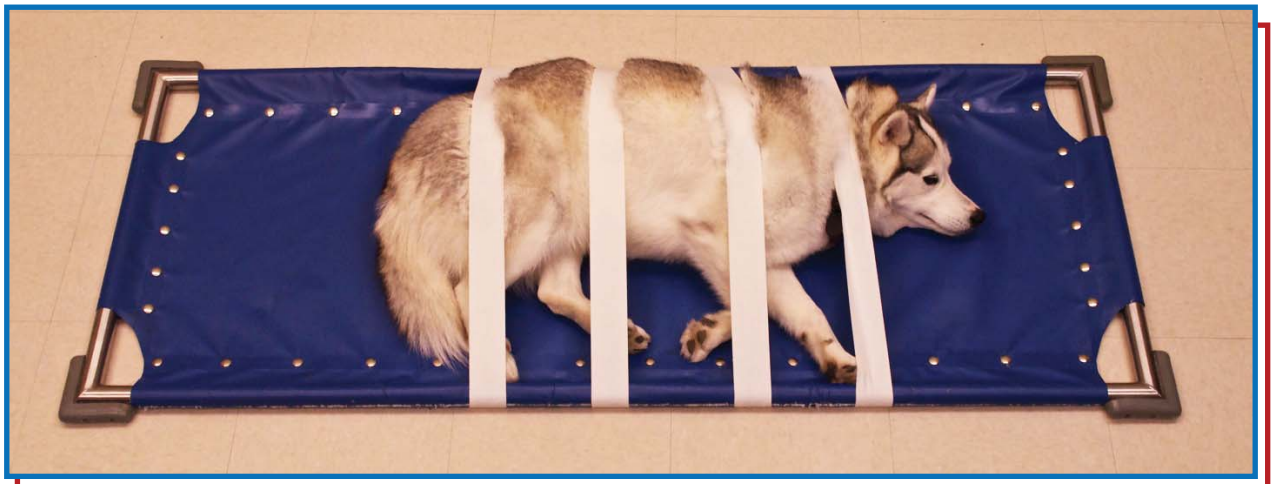
ON A BLANKET

You can use this technique if someone can help you and if the animal stays calm. Place the animal on the middle of a blanket in a lying position. Each person grabs a side of the blanket and lifts the animal.



ON A BOARD

Slide a board under the animal. Using tape or a soft rope, secure the animal on the board to prevent movement.



HOW TO DETERMINE IF AN ANIMAL IS SICK OR INJURED

At a distance

Examine the animal from a short distance and ask yourself the following questions:

- Is it behaving normally: does it look more tired, is it showing signs of aggression or fear?
- Is it drinking and eating as much as it would normally?
- Are the animal's stools and urine normal?
- Is it vomiting or having diarrhea?
- Is it showing signs of pain: is it limping or crying?
- Is it injured or bleeding?

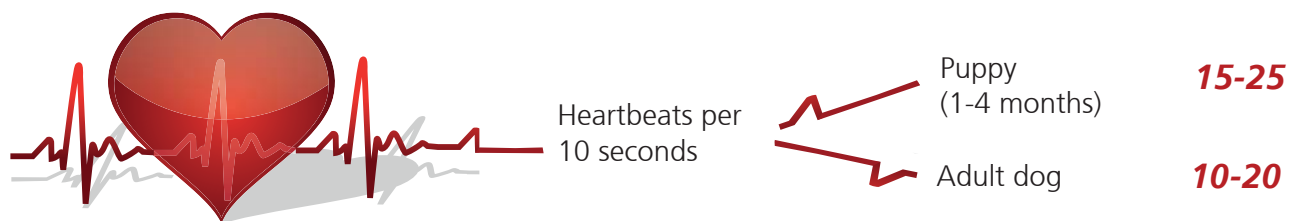
Up close

The heartbeat, breathing rate, temperature and the gums have to be evaluated on a sick or injured animal.

HEARTBEAT

To evaluate an animal's heartbeat, place your hands on its chest as shown on the picture. Count the number of beats you can feel in 10 seconds.

The best time to evaluate this is when the animal is at rest.



BREATHING RATE

To evaluate an animal's breathing rate, stand at its side and look at the movement of its chest. Every time the animal breathes in, its chest rises. Count the number of times the chest rises in 10 seconds. It should be between 3 and 8 times per 10 seconds.

The best time to evaluate this is when the animal is at rest. Do not evaluate it if the animal is panting.

It is abnormal if the animal's breathing rate is higher than 8 times per 10 seconds. It is also abnormal if the animal is having difficulty breathing, is coughing or is making sounds when breathing.

TEMPERATURE

Take the animal's rectal temperature with a thermometer (found in the first aid kit). Dip the thermometer in petroleum jelly (*Vaseline*®) or in water before using it. Insert it horizontally about 2 cm into the animal's rectum (slowly and very carefully) and keep it in place for about a minute or until the thermometer beeps. A dog's normal temperature ranges between 37,5°C and 39,0°C (100°F and 102°F).

It is abnormal if the temperature is below 37,0°C (98,6°F). Refer to the *Hypothermia and frostbite* chapter for more information.

It is also abnormal if the temperature is higher than 39,5°C (103,1°F). Refer to the *Heat stroke* chapter for more information.

GUMS



1. Lift the upper lip of the animal and run your finger on the gums. They should be pink and a little bit wet;

2. Place your finger on the gums and apply pressure on them for 3 seconds;



3. Let the pressure go. At first, the gums should be white as shown on this picture;



4. Quickly, the gums will become pink again as shown on this picture. Count how many seconds it takes for the gums to go from white to pink. It should take 2 seconds or less.

It is abnormal if it takes 3 seconds or more for the gums to go from white to pink. It is also abnormal if the gums are very pale, blue or dark red. If you note these changes, you should contact the Veterinary Help Line (for more information, refer to the *Veterinary Help Line* chapter).

WOUNDS

Bleeding and haemorrhage



When an animal is injured, always stop the bleeding first. Then you may address the wounds and other problems.

DIRECT PRESSURE

If possible, put on latex gloves (found in the first aid kit).



1. Apply direct pressure on the bleeding site with a gauze (found in the first aid kit) or a clean cloth. If it becomes soaked, apply additional layers of gauze while maintaining the pressure;
2. Direct pressure should be held over the bleeding site for 10 minutes. After 10 minutes, release the pressure to verify if the wound is still bleeding;
3. You can make a pressure bandage to keep the gauze/cloth in place or if the bleeding is severe. Refer to the *Pressure bandage* section of this chapter for more information.



DO NOT tie an elastic, belt or rope around a limb to manage a bleeding as this could cause severe damage to the limb.



If the bleeding is severe, use very absorbent gauzes (found in the first aid kit) or a sanitary napkin to control the bleeding and make a pressure bandage.

PRESSURE BANDAGE

A pressure bandage is used if a bleeding is important or if it doesn't stop after applying direct pressure on the bleeding site for 10-15 minutes.



DO NOT make a pressure bandage if the animal cannot be supervised at all times or if an Elizabethan collar (refer to the *Elizabethan collar* section of this chapter for more information) is not placed around its neck. It is important to prevent the animal from chewing and eating its bandage as this could cause severe complications.



1. Apply rolled gauze or a soft cloth around the limb/body part to keep the gauze you were holding over the bleeding site in place;

2. Secure the bandage in place with fabric adhesive tape or regular tape applied loosely;



3. Do not apply the pressure bandage too tightly. You should be able to fit one finger under the bandage. If you are bandaging a limb, check for swelling or discomfort of the toes: these indicate your bandage is too tight, in which case you will need to loosen it;
4. Remove the pressure bandage after 1 hour. If the wound is still bleeding, place a pressure bandage on the wound again and leave it on for an hour. Remove the bandage and check the wound again in an hour. Repeat until the bleeding stops.

Cleaning the wound

1. Wash your hands and/or put on latex gloves;
2. Stop the bleeding if any (refer to the *Bleeding and haemorrhage* section for more information);
3. If possible, cover the wound with a water-based lubricating gel before cleaning it. It will prevent hair from getting into the wound while you shave the area;
4. Cut or shave 3 centimeters of hair around all sides of the wound with scissors or a hair clipper if the wound is big and contains debris;
5. Rinse the wound with lukewarm water;
6. Clean the wound and surrounding skin with soft soap or chlorhexidine soap and rinse with water. Use tweezers to remove debris;
7. Blot dry with a towel or a clean cloth;
8. Apply a triple-antibiotic ointment (*Polysporin*[®]) on the wound;
8. Refer to the next section for bandaging techniques.

N.B. The material and products mentioned above are likely to be found at your local clinic. Refer to the Veterinary Help Line if needed.



After providing first aid to the animal, you should contact the Veterinary Help Line to get veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

Bandaging a wound

BANDAGE



DO NOT make a bandage if the animal cannot be supervised at all times or if an Elizabethan collar (refer to the *Elizabethan collar* section of this chapter for more information) is not placed around its neck. It is important to prevent the animal from chewing and eating its bandage as this could cause severe complications.

Read this entire section before making the bandage. Get all the material ready before you begin.

1. Clean the wound (refer to the previous section for more information);
2. If the wound is small (less than 5 centimeters), leave it uncovered. Bandage the wound if it is longer than 5 centimeters, deep or can be contaminated by dirt;

If the wound is deep or infected, apply a sugar bandage over it (refer to the *Homemade recipes* chapter for more information).





When making a bandage, wrap the different layers around the limb or body part going in the same direction. It is easier to make a bandage when the animal is lying on its side. For more information, refer to the *Restraining techniques* section of the *How to approach a sick or injured dog* chapter.



3. Use a piece of non-stick pad (*Telfa pad*®) big enough to cover the entire wound. You can also use a sanitary napkin;



4. Apply rolled gauze around the limb/body part to keep the non-stick pad in place. You can also use cloth.

If bandaging a limb, foot or paw pad, apply rolled gauze on the toes first and finish above the ankle or wrist.

If the wound is above the ankle or wrist, apply rolled gauze on the ankle or wrist first and finish above the knee or elbow.

ALWAYS leave at least 2 toes out of the bandage as shown on this picture;



5. Loosely apply an elastic bandage over the rolled gauze to secure the bandage in place. It may cut off blood circulation if applied too tight.

If elastic bandage is not available, secure with fabric adhesive tape or regular tape.

N.B. The material and products mentioned above are likely to be found at your local clinic. Refer to the Veterinary Help Line if needed.



To ensure not to apply the elastic bandage too tight around the limb/body part, unroll it completely prior to use and roll it up loosely back onto the roll.



You should be able to fit two fingers under the bandage. If you are bandaging a limb, check for swelling or discomfort of the toes every day: this indicates the bandage is too tight, in which case you will need to loosen it.



After providing first aid to the animal, you should contact the Veterinary Help Line to get veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

TAKING CARE OF THE BANDAGE

1. Keep the bandage clean and dry at all times;
2. Every day, check the toes for any signs of swelling, heat, redness or pain. If any of these signs are present, your bandage is too tight, in which case you will need to loosen it;
3. Be sure the bandage remains in place.



If the bandage is wet, change it immediately.

Unless a veterinarian gives you other recommendations, the bandage should be changed every day for the first 2 days and then every other day.

Every time the bandage is changed, clean the wound as described previously.

You should contact the Veterinary Help Line to allow a follow-up care of the wound by a veterinarian (refer to the *Veterinary Help Line* chapter for more information).

TAKING CARE OF AN ANIMAL WITH A BANDAGED WOUND

1. If the animal seems uncomfortable, or if you have any concerns about the bandage or the wound (bad odor, pus, no improvement, etc.), contact the Veterinary Help Line as soon as possible (refer to the *Veterinary Help Line* chapter for more information);
2. Keep the animal at rest until the wound is healed (usually 1 to 2 weeks). Ideally, the animal should be kept on a chain. You can take the animal for short walks on a leash.

Elizabethan collar

An Elizabethan collar is used to prevent an animal from removing its bandage or re-opening wounds.



You can make one using a plastic bucket. Cut a hole large enough to fit your dog's head at the bottom of the bucket. Tape the edges of the hole so no rough edges are in contact with the animal's neck.

It must be large enough so that your animal is comfortable, but small enough that it will not come off easily. You can secure it with tape onto the animal's collar to prevent it from falling off. You can also fabricate a collar using a cardboard box or a sheet of soft plastic.

Keep the Elizabethan collar on at all times, especially when you can't supervise the animal. The animal can wear the collar all day and sleep with it.

With the Elizabethan collar on, your dog should be able to breathe, drink and eat normally.

Paw pad cut

1. Wash your hands and/or put on latex gloves;
2. If the paw pad is bleeding heavily, apply direct pressure on it with a gauze. If you can't stop the bleeding, refer to the *Bleeding and haemorrhage* section of this chapter;
3. Clean the wound with soft soap or chlorhexidine soap and rinse with water. Use tweezers to remove debris;
4. Bandage the paw if the cut is 5 centimeters long or more (refer to the *Bandaging a wound* section of this chapter for more information);
5. Every time the bandage is changed, soak the paw in a Dakin solution (refer to the *Homemade recipes* chapter for more information) and blot it dry with a clean cloth before applying a new bandage on it;
6. Refer to the *Taking care of the bandage* section of this chapter for more information about bandage care.

N.B. The material and products mentioned above are likely to be found at your local clinic. Refer to the Veterinary Help Line if needed.



DO NOT make a bandage if the animal cannot be supervised at all times or if an Elizabethan collar (refer to the *Elizabethan collar* section of this chapter for more information) is not placed around its neck. It is important to prevent the animal from chewing and eating its bandage as this could cause severe complications.

Bite wounds

After providing first aid care to the animal, contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information). What may look like a small or minor bite wound may turn into a severely infected wound if not treated properly and the use of antibiotics may be necessary to control the infection.

1. Clean the wound with soft soap or chlorhexidine soap and rinse with water;
2. Blot dry with a clean cloth or towel;
3. Apply a triple-antibiotic ointment (*Polysporin*®) on the wound daily until it heals;
4. Bandage the wound if it is 5 centimeters long or more.

Keep an eye on the animal for a few days as complications could occur. The following signs might indicate that the wound is infected. If you note any of these signs, you should contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information):

- Animal is weak;
- Loss of appetite;
- Wound is swollen or painful;
- Pus is coming from the wound or an abscess is forming (refer to the *Abscess* section in the *Skin problems* chapter for more information).



Bite wounds may be very small and hard to find. Examine the entire body of your animal using your hands to move the hair and expose the skin. Each bite wound, even if very small, will need to be treated as described in this section.

BROKEN LEG (FRACTURE)



After providing first aid to the animal, contact the Veterinary Help Line to get veterinary advice (refer to the *Veterinary Help Line* chapter for more information). An animal with a broken leg must be evaluated and treated by a veterinarian. The first aid techniques described in this section will allow you to immobilize the leg to reduce the pain while you get advice by a veterinarian. These techniques will not contribute in any way to the healing of the bone or the animal's recovery.

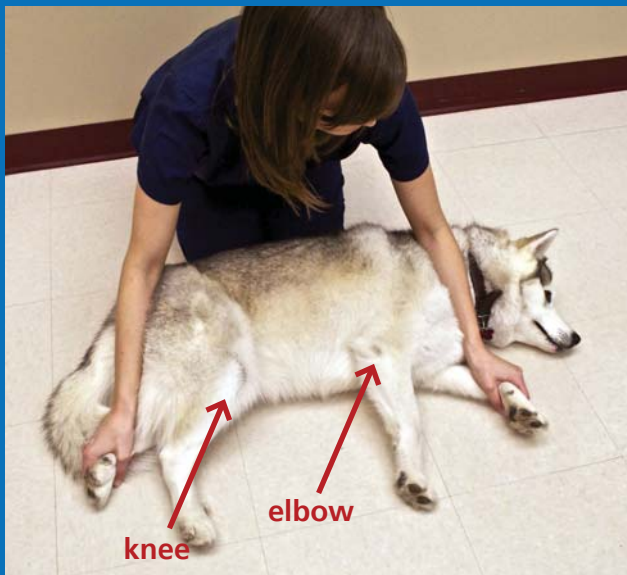
SYMPTOMS OF A FRACTURE

Fracture is a word used to describe a break in a bone. An animal with a broken leg will limp or refuse to use it.

The leg will be swollen and painful. The position of the broken leg may also be abnormal.

FIRST AID

1. If the skin is intact, read the indications in the blue frame below and go to the next step. If the broken bone has cut through the skin and can be seen, thoroughly rinse the wound with lukewarm water. Blot it dry with a gauze or a clean cloth and cover the wound with a water-based lubricating gel. Use a piece of non-stick pad to cover the entire wound. You can also use a sanitary napkin. Secure in place with fabric adhesive tape or regular tape;



If the bone is broken above the elbow or the knee, **DO NOT** bandage the leg. It will make the leg heavier, will cause pain, and will not help to stabilize the fracture.

Place a bandage **ONLY** if the broken bone is under the elbow or knee as shown by the arrows on this picture.



DO NOT make a bandage if the animal cannot be supervised at all times or if an Elizabethan collar (refer to the *Elizabethan collar* section of the *Wounds* chapter for more information) is not placed around its neck. It is important to prevent the animal from chewing and eating its bandage as this could cause severe complications.



It is easier to make a bandage when the animal is lying on its side. For more information, refer to the *Restraining techniques* section in the *How to approach a sick or injured dog* chapter. Get all the material ready before moving on to the next step.



2. Starting at the foot and ending at the shoulder or hip, wrap the broken leg using cotton rolls. If not available, use any thick material such as towels or blankets that you previously cut into long 10-centimeter wide strips. This layer should be about ½ to 1-inch thick.

ALWAYS leave at least 2 toes out of the bandage as shown on this picture;



3. Apply rolled gauze over the layers of cotton rolls;



4. Place any hard material on both sides of the fractured leg to splint it. You may use sticks, rolled magazines, or any rigid material. Secure in place with fabric adhesive tape or duct tape;



5. Apply an elastic bandage on the entire leg over the bandage already in place. The layers of cotton rolls and rolled gauze should be visible at both ends of the bandage. At this point, the animal should not be able to bend its leg;

N.B. The material and products mentioned above are likely to be found at your local clinic. Refer to the Veterinary Help Line if needed.



To ensure not to apply the elastic bandage too tight around the leg, unroll it completely prior to use and roll it up loosely back onto the roll.



Do not apply the bandage too tight. You should be able to fit two fingers under the bandage. Check every 12 hours on the first day, then daily for swelling or discomfort of the toes: these indicate your bandage is too tight, in which case you will need to loosen it.

6. Refer to the *Bandaging a wound* section in the *Wounds* chapter for more information about bandage care;
7. While waiting to transport the animal to a veterinary clinic, keep the animal at complete rest (in a cage if possible or on a short chain).

OTHER INJURIES

Foreign object in the eye

1. Restrain the dog from moving (refer to the *Restraining techniques* section in the *How to approach a sick or injured dog* chapter for more information);
2. Rinse the eye with saline eye wash or water for 30 seconds;
3. If necessary, gently roll the cotton end of a wet cotton swab on the eye and on the inside of the eyelids to remove the foreign object;
4. If the foreign object is embedded (stuck) in the eye, use tweezers to carefully remove it. Do not touch the eye with the tweezers;
5. Apply 1 centimeter of antibiotic ointment for eyes (*Polysporin*[®] for eyes) on the eye 2-4 times daily for 10 days.

N.B. The material and products mentioned above are likely to be found at your local clinic. Refer to the Veterinary Help Line if needed.



If the foreign body is embedded in the eye, the animal will need antibiotics and painkillers. Contact the Veterinary Help Line for more information (refer to the *Veterinary Help Line* chapter for more information).

Fish hook

Fish hooks are often found around the face, muzzle, and on the paws. If the hook is stuck in the skin, follow these steps to safely remove it:



1. Using pliers, **push** the fish hook through the skin until the barb is visible;



2. Cut the barb of the fish hook with wire cutters;

3. **Pull** the hook backwards (the opposite way it went in);



If the hook has been swallowed and the fish line can be seen in the mouth, do not pull on the fish line. Contact the Veterinary Help Line to seek veterinary advice immediately (refer to the *Veterinary Help Line* chapter for more information). This is an emergency and your animal should be seen by a veterinarian.

Porcupine quills



NEVER cut a quill. All quills must be removed from the animal's skin and mouth.

1. Using pliers, grab the porcupine quill as close as possible to the skin;
2. Pull sharply on the quill to remove it;

Examine the animal's entire body to make sure all porcupine quills have been removed. They are often found in the mouth, under the tongue, around the face, nose and front limbs. Run your hands through the animal's coat over its whole body. Examine the mouth (open it wide and use a flashlight to get a good look), lips and tongue for porcupine quills.



Porcupine quills can be a few millimeters to several centimeters long. The ones that are not removed will keep moving under the animal's skin until they come out and will need to be removed.



If the wounds become infected or an abscess forms, if the animal seems more tired, loses its appetite or has difficulty breathing, contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

Other foreign objects

Except fish hooks, most foreign objects may be removed by following the steps described in the *Porcupine quills* section of this chapter.



If a large object is penetrating the animal's skin or is very deep, it is **VERY IMPORTANT** that you do not remove it and place a bandage around it to secure it in place. When placing the bandage around the foreign object, go around the object with the different layers of the bandage to make a donut-shaped bandage that will secure the foreign object in place.

Removing the foreign object could cause severe haemorrhage and put the animal's life in danger. Call the Veterinary Help Line to seek veterinary advice immediately (refer to the *Veterinary Help Line* chapter for more information). This is an emergency and your animal should be seen by a veterinarian.

VOMITING

A dog may vomit after eating something bad or when it is sick.

SYMPTOMS OF VOMITING

Frequent or persistent vomiting is concerning. Diarrhea, dehydration, blood in vomit, weight loss and loss of appetite may also be present.

FIRST AID

It is important you contact the Veterinary Help Line to get veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

Follow these recommendations for an adult dog. If a **puppy** is vomiting, follow these recommendations AND rub corn syrup, maple syrup or honey every 4 hours on the puppy's gums until it starts eating well.

1. Make sure the animal has access to fresh water at all times;
2. Take the animal's food away for 8 hours;
 - If the animal does not vomit during the fast (8 hours), feed it cooked ground beef or cooked fish (2 cups) mixed with cooked rice (2 cups). This recipe should be divided in 2 to 3 meals given throughout the day. The amount of food is calculated for a medium-size dog (20-30 kg or 45-70 lbs) and you will have to adjust this amount based on the size of your animal. If this food is well tolerated, continue feeding it to the dog for the next 2 days while slowly re-introducing its regular food;
 - If the animal vomits during the fast (8 hours), feed it rice water (cook 1 cup of rice in 4 cups of water, remove the rice and serve the residual water) for the next 12 hours;
 - › If the animal stops vomiting after being served rice water for 12 hours, feed it cooked ground beef or cooked fish (2 cups) mixed with cooked rice (2 cups). This recipe should be divided in 2 to 3 meals given throughout the day. The amount of food is calculated for a medium-size dog (20-30 kg or 45-70 lbs) and you will have to adjust this amount based on the size of your animal. If this food is well tolerated, continue feeding it to the dog for the next 2 days while slowly re-introducing its regular food;
 - › If the animal is still vomiting after being served rice water for 12 hours, contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).



If your animal is vomiting frequently or vomits 3-4 days in a row, it can become dehydrated. Dehydration may make your animal tired and lose its appetite. If you notice these changes, it is important your animal drinks a rehydration solution (refer to the *Homemade recipes* chapter for more information).

1. Give 1 cup of the rehydration solution to your animal 3 times a day for 2 days;
2. If your animal refuses to drink it or the solution makes it vomit, try giving it ½ cup of the solution 3 times a day for 2 days;
3. If your animal still refuses to drink it, contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

If you saw the animal swallowing a foreign object, give the animal petroleum jelly (*Vaseline*®) orally:

- If the animal is *small* (less than 20 kg or 45 lbs) give orally 2 tablespoons 4 times a day until you find the foreign object in the stools or petroleum jelly can be seen in the stools;
- If the animal is *big* (more than 20 kg or 45 lbs) give orally 4 tablespoons 4 times a day until you find the foreign object in the stools or petroleum jelly can be seen in the stools.



If the foreign object does not come out in the stools and the animal has persistent vomiting or diarrhea or a loss of appetite, it is important you contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

DIARRHEA

Diarrhea can lead to dehydration if it is severe.

SYMPTOMS OF DIARRHEA

Loose or liquid stools are common symptoms of diarrhea. Blood in the stools, dehydration, vomiting and loss of appetite may also be present.

FIRST AID

It is important you contact the Veterinary Help Line to get veterinary advice (refer to the *Veterinary Help Line* chapter for more information).



If the animal has diarrhea AND is vomiting, **ONLY** treat the vomiting symptoms as described in the previous chapter.

Follow these recommendations for an adult dog. If a **puppy** has diarrhea, follow these recommendations AND rub corn syrup, maple syrup or honey every 4 hours on the puppy's gums until it starts eating well;

1. Make sure the animal has access to fresh water at all times;
2. Take the animal's food away for 8 hours;
3. After the 8 hour fast and even if the animal still has diarrhea, feed it cooked ground beef or cooked fish (2 cups) mixed with cooked rice (2 cups). This recipe should be served divided in 2 to 3 meals given throughout the day. The amount of food is calculated for a medium-size dog (20-30 kg or 45-70 lbs) and you will have to adjust this amount based on the size of your animal. Your animal may have diarrhea for a few days. Keep feeding this diet to your dog and making sure it is eating and drinking well;
4. When symptoms resolve, continue feeding this diet to your dog for the next 2 days while slowly re-introducing its regular food;
5. If the animal has severe or persistent diarrhea (lasting 3 to 5 days) or if blood is present in the stools, contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).



If your animal has frequent diarrhea or a diarrhea that lasts 3 or 4 days, it can become dehydrated. Dehydration may make your animal tired and lose its appetite. If you notice these changes, it is important that your animal drinks a rehydration solution (refer to the *Homemade recipes* chapter for more information).

1. Give 1 cup of the rehydration solution to your animal 3 times a day for 2 days;
2. If your animal refuses to drink it or the solution makes it vomit, try giving it ½ cup of the solution 3 times a day for 2 days;
3. If your animal still refuses to drink it, contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

POISONING

Poisoning can occur after eating, breathing or being in contact with a poison.

SYMPTOMS OF POISONING

Poisoning may cause diarrhea, vomiting, drooling, convulsions, coma and other symptoms.

HOUSEHOLD HAZARDS



- Some human medications;
- Insecticides, pesticides, herbicides, rat poison;
- Food (grapes, raisins, onions, garlic, chocolate);
- Drugs such as marijuana, cocaine, amphetamine and alcohol;
- Household chemicals (cleaning supplies and other detergents, paint);
- Outdoor chemicals (antifreeze);
- Gasoline, oil;
- Many plants are toxic when ingested. Refer to the ASPCA website www.asPCA.org/pet-care/poison-control/plants/ for a complete list of the toxic plants or contact the Veterinary Help Line (refer to the *Veterinary Help Line* chapter for more information).

FIRST AID – INGESTED POISON



It is VERY IMPORTANT to treat an intoxication immediately. This condition can put your animal's life in danger.

BEFORE providing first aid to the animal, contact the Veterinary Help Line to get veterinary advice (Refer to the *Veterinary Help Line* chapter for more information). Poison can be very dangerous for your animal's health.

If you are unable to speak to a veterinarian, you can reach a veterinary toxicologist at one of these two phone numbers. Fees payable by credit card apply for the services provided:

- ASPCA Poison Control Center: 1 888 426-4435 (75\$ consultation fee)
- Pet Poison Helpline: 1 800-213-6680 (59\$ consultation fee)

If you are unable to speak to a veterinarian and cannot reach the veterinary toxicologists to get advice on how to treat your animal, follow the steps described below:

1. INDUCE VOMITING (if the poison was swallowed and if recommended)



DO NOT attempt to induce vomiting if the poison swallowed is caustic (drain cleaner), acid (battery acid) or is petroleum-based (gasoline, oil) or if the animal is weak, has difficulty breathing, is convulsing or unconscious.

With a syringe without the needle, give orally a dose of hydrogen peroxide 3% based on your animal's weight (refer to the table below). This will make your animal vomit.



The maximum dose of hydrogen peroxide 3% is 45 milliliters (9 teaspoons / 3 tablespoons). Do not exceed this dose.

| Dog's weight | Dose (millilitres) | Dose (teaspoons) |
|------------------------|--------------------|------------------|
| 5 kg (11 lbs) | 10 mL | 2 |
| 10 kg (22 lbs) | 20 mL | 4 |
| 15 kg (33 lbs) | 30 mL | 6 |
| 20 kg (44 lbs) | 40 mL | 8 |
| 30 kg (66 lbs) or more | 45 mL | 9 |

Vomiting usually occurs within minutes. If not successful, this treatment can be repeated once.



Giving a small amount (1-2 tablespoons) of food before giving the hydrogen peroxide 3% may help to induce vomiting, as well as walking the dog after giving the hydrogen peroxide 3%.

2. PREVENT THE ABSORPTION OF THE POISON



DO NOT give activated charcoal to the animal if it is weak, has difficulty breathing, is coughing, is convulsing or is unconscious.

Activated charcoal is not the same as the charcoal used in barbecues, which should not be used for the treatment of poisoning.

ACTIVATED CHARCOAL (CHARCODOTE®)

Shake well before use. With a syringe without the needle, give orally a dose of *Charcodote*® based on your animal's weight (refer to the table below).

It should be given as soon as possible and within 6-12 hours of the ingestion of the poison.

| Dog's weight | Dose (millilitres) |
|-----------------|--------------------|
| 5 kg (11 lbs) | 50 mL |
| 10 kg (22 lbs) | 100 mL |
| 15 kg (33 lbs) | 150 mL |
| 20 kg (44 lbs) | 200 mL |
| 30 kg (66 lbs) | 300 mL |
| 40 kg (88 lbs) | 400 mL |
| 50 kg (110 lbs) | 500 mL |

Refer to the *Giving medication to an animal* chapter for more information.



Some dogs will prefer to eat the activated charcoal when it is mixed with food. To test it, try mixing 1 teaspoon of food with 1 teaspoon of activated charcoal and feeding it to your animal. If your animal eats it, mix the entire quantity of activated charcoal needed with food and feed it to your animal.

If there is no activated charcoal (*Charcodote*®) available, you can buy activated charcoal tablets at your local health center. Administer orally 1 gram of activated charcoal orally per kilogram of the animal's weight (1 gram per 2 lbs of the animal's weight). Note that activated charcoal tablets are not as efficient as *Charcodote*® in the treatment of poisoning.

If you still cannot reach the Veterinary Help Line, give a second dose of activated charcoal (*Charcodote*®) 4 hours later.

It is normal for the animal to have black stools after receiving activated charcoal.

FIRST AID – OTHER POISONS

If the animal inhaled poison, keep the animal outside to let it breathe fresh air.

If the animal's skin is exposed to a poison wash its coat with dish soap and water for 10 minutes, rinse it well with water and blot it dry with a towel. Keep the animal under supervision for the next 8 hours to make sure it does not lick its fur.

If the animal's eyes came in contact with chemicals, rinse the eyes with saline eye wash (found in the first aid kit) or water. You can also apply tear drops (gel form – found in any drug store or health center) in the animal's eyes 4 times a day until you can reach the Veterinary Help Line.

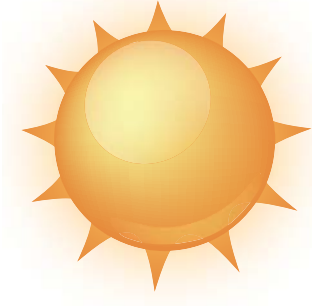
After providing first aid to the animal, contact the Veterinary Help Line to get veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

HEAT STROKE



Call the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information). This condition can put your animal's life in danger.

Heat stroke happens when a dog is in a hot environment or is overworked, which causes its body temperature to rise over the normal limit.



SYMPTOMS OF HEAT STROKE

The dog breathes heavily and is weak. If left untreated, the animal may become lethargic, vomit, have diarrhea and slip into a coma.

FIRST AID

1. Transport the dog to a cool and shaded area (refer to the *Transport* section in the *Approaching a sick or injured animal* chapter for more information);
2. Take the animal's rectal temperature using a thermometer. Dip the thermometer in petroleum jelly (*Vaseline*[®]). Insert it horizontally about 2 centimeters in the animal's rectum (slowly and very carefully) and keep it in place for about a minute or until the thermometer beeps. The normal temperature is between 37.5°C and 39.0°C (100-102°F);
3. If the heat stroke happens in cold temperatures, skip this step and go to step 4. Wet the animal's fur with a steady flow of cool water (avoid cold water) until the animal's temperature drops (you can use a garden hose or buckets of water or you can also put the animal in a bathtub). The animal should be soaking wet;
4. Place bottles or latex gloves filled with cool water on the animal's neck, abdomen and armpits. Change them regularly to keep the water temperature cool;
5. Encourage the animal to drink fresh water if it is conscious and breathing normally;
6. Take the animal's temperature every 15 minutes until it is in the normal range. Stop cooling the animal when its temperature reaches 40°C (104°F).



It may take up to an hour to cool an animal down.

Serious complications may develop hours and up to a day after the heat stroke. Contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

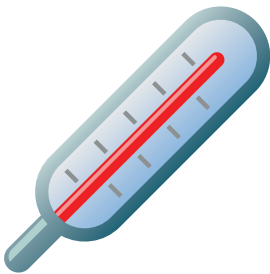
HYPOTHERMIA AND FROSTBITE



Call the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information). These conditions can put your animal's life in danger.

Hypothermia

Hypothermia happens when a dog doesn't have shelter in cold temperatures, which causes its body temperature to drop below the normal limit.



SYMPTOMS OF HYPOTHERMIA

The dog can be shivering, weak and have stiff muscles. If left untreated, the animal may slip into a coma.

FIRST AID

1. Transport the animal to a warm area protected from the wind (refer to the *Transport* section in the *Approaching a sick or injured animal* chapter for more information);
2. Wrap the animal in blankets or towels. You can also use a metallic blanket (found in the first aid kit);
3. Place bottles or latex gloves filled with warm water around the animal. Wrap the bottles in towels or cloths to prevent burning the animal's skin if the water is too hot;
4. Take the animal's rectal temperature using a thermometer. Dip the thermometer in petroleum jelly (*Vaseline*®) before using it. Insert it horizontally about 2 centimeters in the animal's rectum and keep it in place for about a minute or until the thermometer beeps. The normal temperature is between 37.5°C and 39.0°C (100°-102°F);
5. With a hair dryer, blow warm air under the blankets your animal is wrapped in. Avoid blowing warm air directly onto the animal's skin to prevent burns;
6. With your finger, rub 1 teaspoon of corn syrup, maple syrup or honey on the animal's gums;
7. Take the animal's temperature every 15 minutes until it is in the normal range. Stop warming the animal when its temperature reaches 37,0°C (98.6°F). It may take up to an hour to warm an animal.



After providing first aid care to your animal, call the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

Frostbite

Frostbite happens when parts of the body freeze in cold temperature. It often affects the ears, tail and toes first.

SYMPTOMS OF FROSTBITE

Frostbitten areas are cold and painful, and the skin can be pale or blue. If severe, they can become red or black.

FIRST AID

1. Check for hypothermia first. Refer to the previous section for more information;
2. Transport the animal to a warm area (refer to the *Transport* section in the *Approaching a sick or injured animal* chapter for more information);
3. Wrap the animal in blankets or towels. You can also use a metallic blanket;
4. Dip a towel or a cloth in lukewarm water and apply it on the frostbitten areas for 10-15 minutes. Make sure the towel/cloth remains lukewarm;
5. Apply a triple-antibiotic ointment (*Polysporin*[®]) on the frostbitten areas twice daily until healed;
6. Keep the animal at rest for 7 days. It should not be allowed to run, jump or play and should be walked on a leash. If it is licking or scratching the frostbitten areas, place an Elizabethan collar around its neck (refer to the *Elizabethan collar* section in the *Wounds* chapter for more information).



After providing first aid care to your animal, call the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

BREATHING PROBLEMS

Choking

Choking occurs when an object gets stuck in the animal's throat and prevents the animal from breathing. This is an emergency and you must react quickly.

SYMPTOMS OF CHOKING

The animal is unable to breathe: it is making loud breathing sounds and is very anxious. Its gums may turn white or blue.

FIRST AID

1. Open the mouth and try to remove the object;
2. If you can't see the object in the animal's mouth, place yourself behind the animal and wrap your arms around its abdomen. Join your hands together behind the last ribs;
3. With your hands joined, compress the abdomen in an upward and forward movement and in a quick and rapid manner until the object is spat out (Heimlich manoeuvre). After compressing the abdomen 3-5 times, verify in the mouth if the object can be seen and removed. If you can't see it, repeat this step until the object is spat out;



EYE PROBLEMS



Eye problems are difficult to treat. Always call the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

Pink eye (conjunctivitis)

A pink eye (conjunctivitis) can be caused by an infection, a foreign object, a trauma, etc.

SYMPTOMS OF PINK EYE

The dog may keep its eye closed and try to rub or scratch it. The eye might also produce more tears or thick and greenish secretions.

FIRST AID

1. Examine the eye and the inside of the eyelids. If you can see a foreign object in the eye, refer to the *Foreign objects* section in the *Other injuries* chapter for more information.
2. If there are secretions around the eye, wipe them off twice a day with a cloth. If the secretions are dry, use a damp cloth;
3. Apply 1 centimeter of antibiotic ointment for eyes (Polysporin® for eyes – found in the first aid kit) on the eye 2-4 times a day until healed. Refer to the *Giving medication to an animal* chapter for more information;



Make sure to use an antibiotic ointment for eyes (ophthalmic) and not any antibiotic ointment.

If the eye becomes more red or if the animal seems more uncomfortable, stop using the ointment and call the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

4. If the animal is scratching or rubbing its eye, it is recommended you place an Elizabethan collar around its neck (refer to the to the *Elizabethan collar* section in the *Wounds* chapter for more information).



A pink eye (conjunctivitis) can be caused by an ulcer on the cornea. If this is the case, the recommended treatment might differ from what is described above. It is therefore recommended you always contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information) when treating this condition.

EAR PROBLEMS



Ear problems are difficult to treat. Always contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

Ear infection

Ear infections are often caused by bacteria or yeast.

SYMPTOMS OF AN EAR INFECTION

The ear can be painful, red and contain a lot of debris. The animal might be rubbing, scratching or shaking its head.

FIRST AID

1. Examine the dog's ears. If a foreign object can be seen, remove it carefully with tweezers (found in the first aid kit);
2. Clean the ears with an a mixture of ½ vinegar and ½ lukewarm water. Pour enough solution into the ear canal to fill it and massage the ear and ear canal for 30 seconds (refer to the box on the next page for instructions) . Let the animal shake its head to get rid of most of the ear cleaning solution;
3. Use a gauze (found in the first aid kit) or soft cloth to wipe off the debris in the ear;
4. Wait 15 minutes after the cleaning and apply drops of antibiotic ear drops (Polysporin® for ears – found in the first aid kit) 4 times a day for 7 days. Refer to the table below to know how many drops to apply in each ear;

| Dog's size | Number of drops per ear |
|-------------------------|-------------------------|
| Puppy | 2 |
| Small (less than 10 kg) | 4 |
| Medium (11 kg - 30 kg) | 6 |
| Large (more than 30 kg) | 8 |

5. Clean the ear twice a day for 7 days, then once a day for 7 days. Every time you clean the ear, wipe off the debris in the ear, wait 15 minutes, and apply the antibiotic ear drops as described above.



HOW TO CLEAN YOUR DOG'S EARS



1. Gently pull on the ear to straighten the ear canal;
2. Fill the ear canal with ear cleaning solution (*Routeen*® - found in the first aid kit);

3. Massage the base of the ear for 30 seconds. The ear canal should feel like a hard tube between your fingers and it should make a squishy sound if you are massaging it properly.

Let the dog shake its head to remove the excess of ear cleaning solution. With a gauze or soft cloth, wipe off the debris in the ear. Do not use cotton swabs.

The ears should be cleaned when needed but no more than once a week unless they are infected. If they are infected, follow the steps described above to treat the infection.



SKIN PROBLEMS



Skin problems are difficult to treat. Always contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

SYMPTOMS OF SKIN PROBLEMS

The animal might scratch, lick or bite its skin. You might also notice scabs, redness, hairless patches, blood or pus and swellings.

Skin infection

Skin infections are often found around the face and neck areas. The skin is red, moist and itchy.

Here are two examples of what a skin infection might look like:



If the infection is severe, does not heal or worsens, contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

FIRST AID

1. Cut or shave 3 centimeters of hair around all sides of the affected area with scissors or a hair clipper;
2. Clean the skin with chlorhexidine soap (found in the first aid kit) or soft soap and water and rinse well;
3. Blot dry with a towel or cloth;
4. Apply a triple-antibiotic ointment (*Polysporin*[®] – found in the first aid kit) on the affected area twice a day until healed;
5. You can place an Elizabethan collar around the animal's neck to prevent it from scratching, licking and biting its skin (refer to the *Elizabethan collar* section in the *Wounds* chapter for more information).

Abscess

An abscess is a swelling of the skin, which contains pus and is often caused by a dog/cat bite.



FIRST AID

1. Apply a cloth soaked with lukewarm water on the abscess for 10 minutes 3 times daily. The abscess will eventually begin to drain;
2. Continue applying cloths soaked with lukewarm water on the abscess as described in step one until it begins to heal. Remove any crust that may form with a gauze (found in the first aid kit) or cloth to keep the abscess opened.
3. Clean the outside of the abscess daily.
4. DO NOT apply a bandage on the abscess;
5. If needed, prevent the animal from licking the abscess by placing an Elizabethan collar around its neck (refer to the *Elizabethan collar* section in the *Wounds* chapter for more information) around its neck.



Antibiotics are often necessary to treat an abscess. Contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

PREGNANCY, BIRTH AND NEWBORN CARE

Pregnancy

In dogs, pregnancy lasts between 63 and 70 days.

- 30 days after mating, the amount of food given daily to the female dog should be increased by 25%;
- The amount of food given daily to the female dog should be doubled from the day the puppies are born until they are 1 month old;
- When the puppies are 1 month old, the amount of food given daily to the female dog should be decreased over a 3 to 4 week period to return to the amount of food she was normally fed.



If the female dog is tired, has a loss of appetite, has vaginal discharges with a bad smell, immediately call the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

Birth

Before giving birth, the female dog may seem nervous or anxious. This change in behavior can last 6-12 hours.

When the female dog is ready to give birth, you will see contractions of her abdomen (tummy). The birth of the puppies usually lasts less than 6 hours (and up to 24 hours if there are a lot of puppies). Before each birth, it is normal to see a greenish-black discharge coming from the vulva.

- When contractions begin, the first puppy should be born within 4 hours;
- Following the first birth, there is a delay of 15 minutes to 2 hours between the birth of each puppy. Sometimes, the contractions will stop and the animal will rest for up to 4 hours and the contractions will start again;
- 5-15 minutes following the birth of each puppy, its placenta should come out;
- The puppies can come out either head or rear end first. Their legs should come out first.

SIGNS OF A PROBLEM DURING BIRTH



If any of the following problems is present, immediately contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

- Strong contractions for more than 30 minutes without the birth of a puppy;
- Weak contractions for more than 4 hours;
- A puppy that can be seen at the vulva but that is not coming out;
- The female dog is in a lot of pain, is crying and biting its rear end;
- The female dog has been nervous or anxious for 12-24 hours but does not have contractions;
- Pregnancy longer than 70 days;
- Vaginal discharge that has a bad smell, or contains a lot of fresh blood or pus.

Newborn care

When a puppy is born, the female dog should lick the puppy, remove it from its membranes and cut the umbilical cord. If she does not do it in the first 3 minutes following the birth of a puppy, you will have to do it.



1. Use a dry towel or a cloth to rub the puppy to remove it from its membranes;



2. Remove the secretions in its mouth and nostrils with a bulb syringe (found in the first aid kit).

Press on the bulb syringe and place the tip of the syringe in each nostril and in the puppy's mouth to aspirate the secretions;



3. To cut the umbilical cord, use dental floss or a thread that you previously dipped in rubbing alcohol (found in the first aid kit).

Make a knot around the umbilical cord 2-3 centimeters away from the belly button.

With clean scissors (cleaned in rubbing alcohol or in boiling water for 2 minutes), cut the umbilical cord 1 centimeter away from the knot;

4. Place the puppy with its mother to keep it warm.

Orphan care



If the female dog is not taking care of her puppies or dies, you will have to provide care to the puppies until they are old enough to eat, drink, urinate and defecate on their own. Contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

WARMTH

At all times, keep the puppies in a warm area. Place them in a box lined with towels.

FEEDING

Feed the puppies with commercial milk replacement for puppies (call the Veterinary Help Line to order this product – refer to the *Veterinary Help Line* chapter for more information). Puppies will have cramps and diarrhea if fed dairy milk.

You can make a milk replacement recipe if commercial milk replacement is not available (refer to the *Homemade recipes* chapter for more information).

The milk should be lukewarm when fed to the puppies. Use a feeding bottle or a 1 mL or 3 mL syringe without the needle (all found in the first aid kit) to feed the puppies. You can place the bottle or syringe under hot running water to warm up the milk. Mix well and apply a drop of milk on your wrist: it should be lukewarm and not feel hot on your skin.

The feeding bottle or syringe you are using to feed the puppies should dispense milk one drop at a time.

Puppies should be fed every 4 hours.

- If you are using commercial milk replacement, follow the recommendations on the label for the amount to feed daily;
- If you are using the homemade recipe, follow these recommendations:
 - Feed 13 mL per 100 g of weight daily for the first week;
 - Feed 17 mL per 100 g of weight daily for the second week;
 - Feed 20 mL per 100 g of weight daily for the third week;
 - Feed 22 mL per 100 g of weight daily for the fourth week.

ALWAYS keep the milk replacement in the refrigerator. The milk replacement must be used within 2 days following its preparation.



If a puppy skips more than 1 meal, rub corn syrup, maple syrup or honey on its gums. Call the Veterinary Help Line as soon as possible to get veterinary advice (refer to the *Veterinary Help Line* chapter for more information).



For feeding, place the puppy flat on its belly with its head slightly up. DO NOT feed it when it is lying on its back.



After each meal, use a towel or cloth soaked with lukewarm water and gently rub each puppy's genitals until it urinates and defecates. This will need to be done every time the puppy eats for the first 3 to 4 weeks of life. Puppies are not able to urinate and defecate on their own before that age.

- When the puppies are four weeks old, leave them a plate with bread or cooked rice soaked in water. When they are able to eat this food, you can introduce cooked fish/meat.
- At all times, the puppies should have access to fresh water. Leave a plate filled with water. Avoid using a bowl or any deep container because a puppy could fall in it and drown.



Contact the Veterinary Help Line to seek veterinary advice (refer to the *Veterinary Help Line* chapter for more information).

GIVING MEDICATION TO AN ANIMAL

Before giving any medication to an animal, ensure the animal is sitting or lying flat on its tummy.

PILLS

1. Point the animal's nose up;
2. With your other hand, gently pull down on the lower jaw;
3. Place the pill as far as you can in the animal's mouth;
4. Close the mouth. Keep it closed until the animal swallows. Rubbing its neck or throat will help the animal to swallow.



You can try to hide the pill in food the animal likes. For example, you may hide it in meat, bread or cheese.

LIQUIDS



Do not give liquid to an animal if it is lying on its side, very weak, has trouble swallowing, or is unconscious.

1. Always use a syringe without a needle (found in the first aid kit) to give liquids to an animal;



2. Place the tip of the syringe inside the animal's lip on the side of the mouth;
3. Slowly push on the syringe plunger and ensure you are not giving the medication faster than the animal can swallow it.

EYE MEDICATION



It is easier and safer to apply eye medication if someone can help you restrain the animal from moving. Eye drops or ointment must be thrown out 30 days after the opening of the container.



1. Stand behind the animal, place your hand under the animal's chin and gently tilt the head back. With the same hand, pull the lower eyelid down to keep the eye open;
2. Rest the palm of the other hand on the side of the dog's head;
3. Without touching it, apply drops or ointment directly on the eye or on the inside of the lower eyelid.

EAR MEDICATION



It is easier to apply ear medication if someone can help you restrain the animal from moving. Ear drops must be thrown out 30 days after the opening of the container.

1. With one hand, gently pull upwards on the ear;
2. With your other hand, place drops or ointment in the middle of the ear canal, while avoiding to touch the ear with the container. Apply the number of drops recommended in the table below in each ear;

| Dog's size | Number of drops per ear |
|-------------------------|-------------------------|
| Puppy | 2 |
| Small (less than 10 kg) | 4 |
| Medium (11 kg - 30 kg) | 6 |
| Large (more than 30 kg) | 8 |



3. Rub the base of the ear for 30 seconds.

HOMEMADE RECIPES

Dakin solution

The Dakin solution is used to clean wounds and disinfect the skin. DO NOT use it to clean an animal's ears, eyes or mouth.

Refer to the appropriate section of this guide for the treatment of the following conditions:

- Paw pad cut;
- Wounds;
- Bite wounds.

Mix 4 cups of lukewarm water you previously boiled with 1 tablespoon of Bleach. This mixture must be used within 7 days following its preparation.

Ear cleaning solution

The ear cleaning solution is used to clean the animal's ears and for the treatment of ear infections.

Refer to the *Ear problems* chapter for the use of the ear cleaning solution in the treatment of an ear infection and for the instructions on how to clean an animal's ears. Also refer to the *Ear medication* section in the *Giving medication to an animal* chapter for more information.

Mix ½ cup of water with ½ cup of vinegar. This mixture must be used within 7 days of its preparation.

Milk replacement

The milk replacement recipe should only be used if commercial milk replacement formula is not available. Commercial milk replacement formula for puppies can be ordered through the Veterinary Help Line (refer to the *Veterinary Help Line* chapter for more information).

The milk replacement recipe is used to feed puppies during the first 4-6 weeks of their life. Refer to the *Orphan care* section in the *Pregnancy, birth and newborn care* chapter for more information.

Mix:

1. 120 mL of lukewarm water that you previously boiled;
2. 120 mL of evaporated milk;
3. 1 beaten egg yolk;
4. 1 tablespoon (15 mL) corn syrup;
5. 2 drops cod-liver oil (if available);
6. 1 mg thiamine (if available).

The milk must be lukewarm when fed to the puppies. It must be kept in the refrigerator and used within 2 days of its preparation.

Rehydration solution

The rehydration solution is used in the treatment of dehydration, diarrhea and vomiting. It is most often used when young or old animals are sick because they become dehydrated more easily and faster. Refer to the *Diarrhea* and *Vomiting* chapters for more information.

Mix 1 liter of water with ½ teaspoon of sugar and ½ teaspoon of salt.

The animal might refuse to drink the solution and you may have to give it orally with a syringe. Refer to the *Liquids* section in the *Giving medication to an animal* chapter for more information.

Sugar bandage

A sugar bandage is used when wounds are deep or infected. The sugar helps to prevent the growth of bacteria that are responsible for infections.



Always seek veterinary advice before using this type of bandage (refer to the *Veterinary Help Line* chapter for more information).

DO NOT make a sugar bandage if the animal cannot be supervised at all times or if an Elizabethan collar is not placed around its neck (refer to the *Elizabethan collar* section of the *Wounds* chapter for more information) is not placed around its neck.

1. With a watering can or garden hose, rinse the wound with water for 10-15 minutes;
2. Blot the wound and surrounding skin dry with a towel;
3. Wash your hands with soap and water or put on latex gloves;
4. Apply a generous amount of table sugar on the wound. The wound should be entirely filled and covered with sugar;
5. Bandage the wound as described in the *Bandaging a wound* section in the *Wounds* chapter;

- The sugar bandage should be removed, the wound cleaned and bandaged again daily. Stop putting table sugar on the wound when it starts to heal as shown on the pictures below (when the inside of the wound has the appearance of a raspberry) but keep bandaging it until it is healed.



Contact the Veterinary Help Line to seek veterinary advice and the support needed to use this bandage and manage the wound properly (refer to the *Veterinary Help Line* chapter for more information).

STERILIZATION

Sterilization is the common term used for neutering (male) and spaying (female), which are surgeries done to prevent animals from having babies.

What are the benefits?

Having your animal spayed or neutered helps to control the population of dogs. It prevents the birth of unwanted puppies that may become stray dogs. Spaying and neutering have other advantages:

- Neutered dogs are less aggressive with other animals and people;
- Spayed and neutered animals are less likely to try to escape. Roaming animals have more chances of fighting with other dogs and wild animals or being hit by a car;
- Spayed females will not come into heat and attract males.

Your animal can be spayed or neutered in a veterinary clinic. For more information contact the Veterinary Help Line (refer to the *Veterinary Help Line* chapter for more information).

EUTHANASIA

Animals that need to be killed for humane reasons must have a quick and painless death. Euthanasia can be performed with specific drugs injected in the animal's veins by a veterinarian.

When it is impossible to see a veterinarian, the use of a firearm by a trained person to put the animal down is an acceptable method.

When it is decided the animal will be put down with the use of a firearm, we recommend you contact the person designated by your Municipal Office.



For more information about euthanasia or assistance to euthanize an animal, please contact your local authorities.

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