

Pet First Aid Tip Sheet

a Kinder K9 Mind & Motion Resource



PET FIRST AID TIP SHEET

Basic Emergency Care for Dog Owners

This is not a replacement for an actual Pet First Aid certification or for paid medical support. ALL pet emergencies should be assessed by a licensed Veterinary professional.

CHOKING

Signs: Pawing at mouth, difficulty breathing, gagging

What to Do:

- Open the mouth and look for an object
- If visible, carefully remove it with tweezers
- If not visible or stuck, perform the Heimlich maneuver:
 - *Small dogs:* Hold upside down and gently shake
 - *Large dogs:* Wrap arms around abdomen and apply quick upward thrusts
- Seek veterinary care immediately

BLEEDING

Signs: Visible wound, blood loss

What to Do:

- Apply direct pressure with a clean cloth or bandage
- Elevate the injured area if possible
- Apply a tourniquet only if bleeding is severe and uncontrollable
- Transport to vet immediately

HEATSTROKE

Signs: Excessive panting, drooling, weakness, collapse

What to Do:

- Move pet to a cool area
- Apply cool (not cold) water to body
- Offer small amounts of water
- Use a fan to help cool
- Seek emergency veterinary care

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FRACTURES

Signs: Limping, swelling, pain, abnormal limb position

What to Do:

- Minimize movement
- Do not attempt to realign the bone
- Use a towel or blanket to support the pet during transport
- Seek veterinary care immediately

POISONING

Signs: Vomiting, diarrhea, seizures, lethargy

What to Do:

- Identify the substance (bring packaging if possible)
- **Do NOT** induce vomiting unless instructed by a vet
- Call your vet or a poison control hotline immediately

COMMON HOUSEHOLD ITEMS TO KEEP STORED AWAY FROM YOUR PETS

- Any prescription or OTC drugs such as painkiller and cold medications
- Insecticides and insect control products
- Certain household plants
- Chemical baits for mice and other small rodents
- Cleaning products such as disinfectants, bleaches and detergents
- Common household foods that are harmful to [dogs](#) and [cats](#)

EMERGENCY CONTACT INFO

- **Your Veterinarian:** _
- **Nearest Emergency Vet Clinic:** __
- **Pet Poison Helpline:** 1-855-764-7661

Tip: Keep this sheet in your pet's emergency kit or near your phone for quick reference.
