



## First Aid Kit for Pets

Keep the following supplies, information and other useful items handy and updated regularly. They will help you treat your pet if they become ill or an emergency happens. As an added benefit, many of these items may be useful to you and your family if there is an earthquake. We suggest keeping all of these items together in one spot with your other earthquake supplies.

### SUPPLIES

- Gauze pads – absorbent
- Cast padding
- “Vet Wrap” or other self-adherent bandage
- White bandage tape
- Sterile, non-adherent pads, such as Telfa
- Rubbing alcohol or alcohol wipes
- Betadine (povidone iodine)
- Hydrogen peroxide  
(to induce vomiting: 1 Tbsp/10-15 lbs)
- Antibiotic ointment
- Disposable gloves
- Eyewash or contact lens solution
- Thermometer (ideally digital)
- Tweezers
- Pen light or flash light

### ADDITIONAL USEFUL ITEMS

- Benadryl (diphenhydramine)  
(dose for dogs is 1 mg per pound body weight)
- Quick Stop of styptic powder
- Dosing syringe
- Nail clippers
- Tongue depressors
- Towels
- Blankets
- Corn syrup (for diabetic pets)
- Your pet’s vaccination history including rabies certificate
- List of any medications your pet takes  
(including dosage and frequency)

Notes \_\_\_\_\_

\_\_\_\_\_

### Important Phone Numbers

Los Altos Veterinary Clinic  
650-948-8287

United Emergency Animal Clinic  
650-494-1461

Poison Control Center Hotline  
800-426-4435

Pet Poison Hotline  
800-213-6680

Human Poison Control  
800-222-1222

Animal Control  
650 496-5971

### Normal values for body signs

*If you notice values outside this range, bring you pet in to the clinic or emergency clinic.*

Temperature 100.5-102.5

Resting pulse:

Dog 60-120 beats/min

Cat 120-180 beats/min

Resting respiration rate:

Dog 10-30 breaths/min

Cat 20-40 breaths/min

Mucous membranes should be pink, abnormal is pale or dark (muddy, blue or very dark red)