



# Your Pet's Medical Toolkit

## A Parent's Essential Guide to At-Home Preparedness & Medical Coverage Basics

Being prepared for unexpected minor injuries or monitoring your pet's baseline health is one of the most impactful ways you can safeguard their well-being. Use this guide to organize your home medical kit and reference crucial care protocols at a glance.

### 1. ESSENTIAL TOOLKIT INVENTORY

Ensure these 5 foundational elements are stocked, organized, and easily accessible to all family members.



#### Contact Information Card

Keep a physical, laminated card in your toolkit with phone numbers and addresses for your primary veterinarian and local Portland emergency hospitals. (Pair this with your downloaded Emergency ER PDF).



#### Digital Thermometer

Crucial for checking for fever or severe hypothermia. Always pair this with a dedicated, pet-safe water-soluble lubricant. Label it clearly for pet-use only.



#### Protective Gloves

Disposable nitrile or latex gloves protect both you and your pet from cross-contamination when managing open wounds or applying medical treatments.



#### Advanced Wound Care

Keep sterile saline solution on hand for flushing debris from tissue. Stock chlorhexidine or povidone-iodine for safe disinfection, alongside a pack of sterile gauze pads.



#### Styptic Powder

An absolute essential for quickly halting minor bleeding from "quicked" nails during trims or stemming blood loss from broken blood feathers in avian companions.



### 2. CLINICAL MONITORING: AT-HOME VITAL SIGNS

When assessing your pet's medical state, knowing their baseline numbers helps you provide precise details to triage nurses. Use your digital thermometer and clock to track these metrics safely:

#### STANDARD BASELINE RANGES

- **Body Temperature:** Normal range for dogs and cats is **100.0°F - 102.5°F (37.8°C - 39.2°C)**. A temperature above **103.0°F** or below **99.0°F** warrants immediate veterinary attention.
- **Heart/Pulse Rate:**
  - Dogs: **60 - 140 bpm** (smaller breeds trend higher).
  - Cats: **150 - 220 bpm**.
- **Respiratory Rate:** **15 - 30 breaths per minute** at rest. Constant panting in cats or heavy abdominal breathing in dogs is an emergency.

#### TCK Pro Tip

**Assess your Whole Pet:** If the thermometer reads slightly outside the normal range but the pet is acting completely normal, wait 10-15 minutes and log it again (stress can artificially raise their temperature). However, if the abnormal reading is accompanied by lethargy, glassiness, shivering, or vomiting, do not wait! Go straight to the vet!



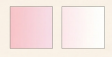







# Understanding Gum Color & Capillary Refill Time (CRT)


## How to Check Your Pet's Gums & CRT:

**Lift the Lip:** Gently lift your pet's upper lip to expose the tissue right above their teeth.

**Assess the Color:** Note the shade of the gums (ensure you are looking at the pink tissue, not the dark, natural pigment patches some pets have).

**Test the CRT:** Press your index finger firmly against a pink area of the gum until it turns white, then let go. Count how many seconds it takes for the blood to rush back and turn the spot pink again.

Gum Color & CRT	Visual Example	What It Indicates	Action Required
<b>Bubblegum Pink,</b> CRT: 1-2s		<b>Normal:</b> Healthy blood circulation and proper tissue oxygenation.	<b>No action needed.</b> Healthy baseline. 
<b>Pale Pink to Stark White</b> CRT: > 2s		<b>Critical:</b> Poor circulation, severe anemia, shock, internal bleeding.	<b>Emergency:</b> Seek veterinary care immediately. 
<b>Muddy Brown or Brick Red</b> CRT: Rapid (< 1s) or Slow		<b>Critical:</b> Severe infection (sepsis), toxicity, heatstroke.	<b>Emergency:</b> Seek veterinary care immediately. 
<b>Blue or Purple (Cyanotic),</b> CRT: Delayed or Unreadable		<b>Life-Threatening:</b> Severe lack of oxygen in bloodstream (suffocation, choking, heart failure).	<b>Immediate Emergency:</b> Proceed to nearest ER hospital instantly. 
<b>Bright Yellow,</b> CRT: Variable		<b>Severe Illness:</b> Jaundice (acute liver failure, mass red blood cell destruction).	<b>Urgent:</b> Contact your veterinarian for same-day evaluation. 

THE CRITTER KEEPER LLC A Client Resource Guide for At-Home Triage 

## 3. STEP-BY-STEP INITIAL FIRST AID RESPONSE

### Scenario A: Managing Minor Bleeding or Quicked Nails

- 1. Restrain Safely:** Ensure the pet is calm and securely positioned to prevent sudden movement.
- 2. Apply Pressure:** Place a sterile gauze pad firmly against the bleeding site.
- 3. Apply Styptic Powder:** If it's a nail or feather, pack a pinch of styptic powder directly onto the tip and hold firm pressure for **20 - 30 seconds**. Repeat if minor oozing persists.

### Scenario B: Basic Wound Flushing & Triage

- 1. Glove Up:** Put on fresh protective gloves before handling the affected area.
- 2. Flush Debris:** Generously squeeze sterile saline solution directly over the wound to wash away dirt or hair. Avoid wiping with dry fabrics which leaves lint.
- 3. Disinfect:** Dab a small amount of diluted chlorhexidine or povidone-iodine onto a sterile gauze pad and gently pat the surrounding area clean.
- 4. Protect:** Keep the area clean and prevent the pet from licking (may need to use a cone collar) until professional evaluation with a veterinarian can occur.



**Important Medical Disclaimer:** This toolkit guide is designed to support basic at-home stabilization and monitoring. It does not replace professional veterinary care, diagnosis, or triage. Always contact your veterinarian or a local emergency hospital immediately if your pet shows severe distress, continuous bleeding, or breathing difficulties.