



## Wags and Purrs Comfort Corner

### Pet First Aid



Pets are protective, loving, playful and funny, but they can also be unpredictable, get a case of the indoor zoomies

and become a little too overexcited during playtime. It's during the latter times when pets can get injured. April is Pet First Aid Awareness Month making it the perfect time to go over basic pet first aid.

**As always, if your pet is bleeding profusely, acting disorientated, continuously vomiting or becoming lethargic, take your pet to the nearest animal hospital immediately!**

The first step to be able to treat your pet's injuries is having the necessary supplies on hand. All pet parents should have an emergency first aid for their pet that should include:

- Flexible pet bandage for wrapping a wound, abrasions, cuts
- Gauze
- Cloth medical tape to adhere gauze
- Scissors with blunt ends to cut medical tape/gauze or trim hair away from wound
- Antiseptic ointments
- Tick key/tick remover/tick twist for tick removal
- Hydrogen peroxide as an antiseptic and to induce vomiting
- Rubbing alcohol/alcohol pads to clean the wounds
- Latex/rubber gloves to reduce infection risks
- Instant ice pack for minor strains or swelling
- A Digital Thermometer to take your pet's temperature. Normal temp for dogs and cats:

### Health Tip for the Season

Obesity in pets is a serious problem that can lead to medical conditions, such as diabetes, heart disease, kidney disease, high blood pressure, respiratory difficulty, chronic inflammation, Arthritis, increased anesthetic risk and a shortened life span. The best way to keep our pets at a healthy weight is daily exercise. Exercise builds muscle mass and reduces the risk of injury to joints and cartilage, as well as aiding in heart and cardiovascular health. Exercise can be as simple as a daily walk, or for younger or more energetic pets, it can be a [homemade agility course!](#) Getting our pets fit and healthy is the best gift we could give them and as a bonus to us, pet's at a healthy weight live longer lives than their obese counterparts.

### Training Tip for the Season

Training is another way to help keep pets fit and healthy. The website [TotoFit](#) offers training exercises to strengthen

100.4-102.5

- Syringes to administer medications or flush wounds
- Benadryl/Antihistamine (liquid gel tabs – pop with safety pin and squirt into pet's mouth) for allergies or minor allergic reactions
- Tweezers to pull debris out of wounds, jaggers, splinters, bee stingers
- Long needle nose pliers to grab an object out of the mouth
- Flour and corn starch to help stop minor bleeding (especially handy if you accidentally trim your pet's nails into the quick)

If your pet is bleeding from a laceration or abrasion, place a clean piece of gauze over the wound and apply pressure to the bleeding site. If your pet is bleeding heavily or the blood is soaking through the gauze, try using a sanitary napkin (maxi pad). Clean the area with water and mild soap. Pat away excess water with a clean, dry cloth. If the bleeding can't be stopped or is heavily coming out from under the gauze/sanitary napkin, seek veterinary care.

Apply a triple antibiotic ointment, such as Neosporin to the wound and prevent the pet from licking it off for at least 10 minutes or longer. If the pet simply won't leave the ointment alone, a very loose bandage can be applied until the ointment has absorbed and penetrated the wound. Continue to check on the area two to three times a day, cleaning away any debris or seepage and reapply the antiseptic ointment until the wound has healed. Never pick at a healing wound or pull off a scab. A healing wound can be itchy, don't allow the pet to lick or scratch at the area while it's healing. If the wound worsens at any time, shows signs of pus or infection or fails to heal, seek veterinary care.

If the wound is from a bite or scratch from another animal, make your veterinarian aware, as these types of wounds are very susceptible to infection and your pet may need an antibiotic.

In the case your pet has gotten something minor in their eye, such as grass or dust or a piece of hair, first see if you can easily remove the object with your fingers. If you can't easily remove the object, tilt your pet's head to the side, towards the corner of the affected eye, and flush the eye using saline eyewash or cool water. If the object washes out to the corner of the eye, gently wipe away with a cotton ball or cloth. If the object can't be removed with the above steps, seek veterinary care.

For intermediate first aid, our blog post [Pet First Aid and Emergency Techniques](#) is a great place to start! The post covers everything from hidden household dangers to basic CPR and Heimlich maneuver.

your pet's core muscles and help with full body muscle toning. They also offer equipment and training videos to guide a pet parent along in helping their pet stay healthy. They offer fitness equipment for every stage of fitness from beginner to advanced. [Totofit](#) can also help rebuild muscle mass after injury or surgery but also be sure to speak with your pet's veterinarian before starting any new training routines after an injury or surgery to ensure your pet is healthy enough.

---

### Pet Sitter Tip for the Season

Keeping pets fit and at a healthy weight is essential to their overall health and wellness. Overweight and obese pets often suffer from joint issues as they age, making it even harder to get off excess weight. Professional Pet Care Specialists will work with you and your pet's energy level to address their fitness needs. Daily walks benefit both physical and mental health for pets and who doesn't love getting fresh air on a nice day? Cats also need exercise to keep healthy and trim and your Professional Pet Care Specialist can offer playtime and fun for them too!

---

Featured Organization of the Month



## C.A.R.T

The Westmoreland/Fayette/Allegheny County Animal Response Team (CART) is an all-volunteer, non-profit organization dedicated to helping animals in times of disaster or emergency. Every County has a CART, which operates under the guidance of the State Animal Response Team (SART). CART Members come from all walks of life but share a love for animals, and are trained, credentialed emergency response officials. CART has two primary missions. The first is temporary sheltering for animals displaced by emergencies or disasters, such as fires, floods, extreme weather, etc. Like the Red Cross, which opens temporary shelters for people who have had to evacuate their home, CART can quickly set up a temporary animal shelter for animals displaced as a result of a disaster or emergency. It is critically important that when people must evacuate their home that they take their pets with them, and CART can give them peace of mind knowing that there is a safe place for their pets to go while they are in a temporary shelter for people. CART does not just deal with small animals like dogs, cats, reptiles, birds, etc., but can also, if need be during a disaster, arrange temporary sheltering for large animals such as horses as well as livestock. CART can also provide "Pet Care Comfort Kits" of supplies for people who may have lost everything in a disaster.

CART's other main mission is technical rescue, and that generally involves the use of specialized equipment to rescue animals that have somehow gotten themselves "stuck." Just a few of the technical rescues CART has conducted include the rescue of horses stuck in mud or cast in a trailer or stall, the extrication of a calf that had fallen into an abandoned mine shaft, a cat in a wall, and a dog in a sewer line. While all CART Members have completed extensive training, those serving on the Large Animal Team are required to complete specialized large animal technical rescue training due to the dangers involved when dealing with large animals such as horses or livestock, as well as the need to be proficient in the use of specialized rescue equipment.

CART is generally called out through 911 or by other First Responders or the Red Cross. While CART is not authorized to enforce animal cruelty laws, it can be called out to assist Humane Officers or Police for such things as animal hoarding situations. Also, while CART does not normally deal with wildlife, it can provide assistance to the Game Commission or Wildlife Centers by transporting injured wildlife.

CART is especially proud of its Pet Oxygen Mask Program. Program Sponsors provide funding for the purchase of special pet oxygen masks, and CART then distributes the masks to fire departments and other first responders, and also provides them with training on the masks as well as pet first aid and CPR. To date CART has been able to provide over 370 sets of pet oxygen masks to over 125 fire departments or other emergency response organizations.

More information about CART, including how to become a CART Member, sponsor pet oxygen masks, make a monetary donation, or donate items for our Pet Care Comfort Kits, can be found on CART's website:

<http://westmorelandcart.weebly.com/>

You can also find information about recent incidents, activities, etc. on CART's Facebook page at <https://www.facebook.com/WFACART.PA/>

## April Birthdays



### April Staff Birthdays

Amber Harrington

### April Pet Birthdays

Sparke Sroka  
Pumpkin Petrie  
Rose Stefanos  
Bunny Stefanos  
Roscoe Landry  
Molly Landry  
3 Spot Petrie  
Obi Mellon  
Logan Bradley  
Charlie Adams  
Boo Mack  
Bruno Borrasso  
Clyde Davis  
Quill Botts  
Jax Michelle  
Mac Silvio  
Buffet Karelitz  
Harvey Falk  
Topanga Miller  
Grace Flynn  
Petty Coleman  
Molly Soxman  
Sadie Cunningham  
Bella Noll  
Echo Kowalski

## Healthy Homemade Treats for the Season

### Peanut Butter Carrot Cake

#### Ingredients

- 1 cup flour
- 1 tsp baking soda
- 1/4 cup peanut butter
- 1/4 cup vegetable oil
- 1 cup shredded carrots
- 1 tsp vanilla
- 1/3 cup honey
- 1 egg



#### Directions

Preheat oven to 350

In large bowl mix all ingredients together.

Spread into a greased 8x8 baking pan.

Bake at 350 degrees for 30 minutes.

Cool in fridge, cut and serve.

### Carrot and Sweet Potato Kitty Treats

#### Ingredients

- 1/2 large carrot, peeled and diced
- 1/2 sweet potato, peeled and diced
- 1 tsp. vegetable oil
- 1 tsp. brown sugar
- 1/2 tsp. whole wheat flour
- 1 tsp. ground cinnamon



#### Directions

Preheat oven to 500F

Mix carrots and sweet potatoes in small bowl with vegetable oil

Add brown sugar, whole wheat flour and mix until veggies are lightly coated

Spread out in one single layer on a lightly greased foil wrapped baking pan and sprinkle with cinnamon

Bake for 25-30 minutes or until crispy

Remove from oven and let cool

## Barking Truth



# Barking Truth

By Comfort at Home Pet Services

Clients, followers and friends have voiced their appreciation of our educational blogs and monthly newsletters and have urged us to release a pet care podcast. We are excited to announce that we have answered the call with The Barking Truth, a podcast exposing the truth in the pet industry to keep all pets safe, healthy and well.

We will be releasing a new podcast every Wednesday and hope you can tune in and support pets everywhere by uncovering the truth of pet care.

Be sure to follow us on Anchor, Spotify or your favorite podcast service.



Wags and Purrs Comfort Corner strives to provide educational, informative and fun content to our readers! We love hearing your feedback on our newsletters and blogs and want to know what you, dear reader, would like to see in future newsletters and blogs. Are there topics you are interested in that we haven't covered or you would like more specific information? Please feel free to let us know. We'd love to hear from you!

Please email suggestions

to [Jen@comforthomepetservices.com](mailto:Jen@comforthomepetservices.com)

Check out our latest blog posts



Cuts, Abrasions and Lacerations



Build Your Own Pet First Aid Kit



Pet First Aid and Emergency Techniques

