

# LESSON 3



- I CAN make sure my pet is healthy and safe; I CAN be safe around dogs and cats

# Review



- Do you remember what Moore County's sad problem is?
- Review activity: Write a story about spaying or neutering your own pet or another pet you know, or just a general story about why it's so important to spay and neuter our pets.

# Activity 1

- What does it mean to be healthy and safe?



Can you think of even more things we do to stay healthy and safe?



# Activity 2

Pets need many of those same things, don't they?

I can make sure my pet is healthy and safe by...



They depend on us!



# Prevention



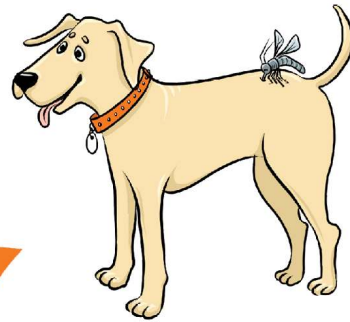
- What should I do for my pet:
  - Annually?
  - Monthly?
  - Daily?

How often should I.....

- Give flea and heartworm medicine?
- Provide fresh water?
- Visit the vet?
- Exercise or play with my pet?
- Bathe my dog?
- Get my pet a rabies shot?
- Feed my pet?



Adult heartworm releases microfilaria (baby heartworms) into an infected animal's bloodstream



A mosquito bites that animal and ingests the microfilaria

The microfilaria develop into infective larvae inside the mosquito



An infected mosquito bites an animal and injects larvae into the animal's bloodstream



Within 6 months, the larvae mature and live in an animal's heart and lungs



## HEARTWORM LIFE CYCLE

### The Fact Is...

Heartworm medications don't kill adult heartworms—they kill larval heartworms before they develop into adults. If you miss a dose, your pet is at risk for heartworm disease.

Be sure to set reminders to give your pet their monthly heartworm prevention!

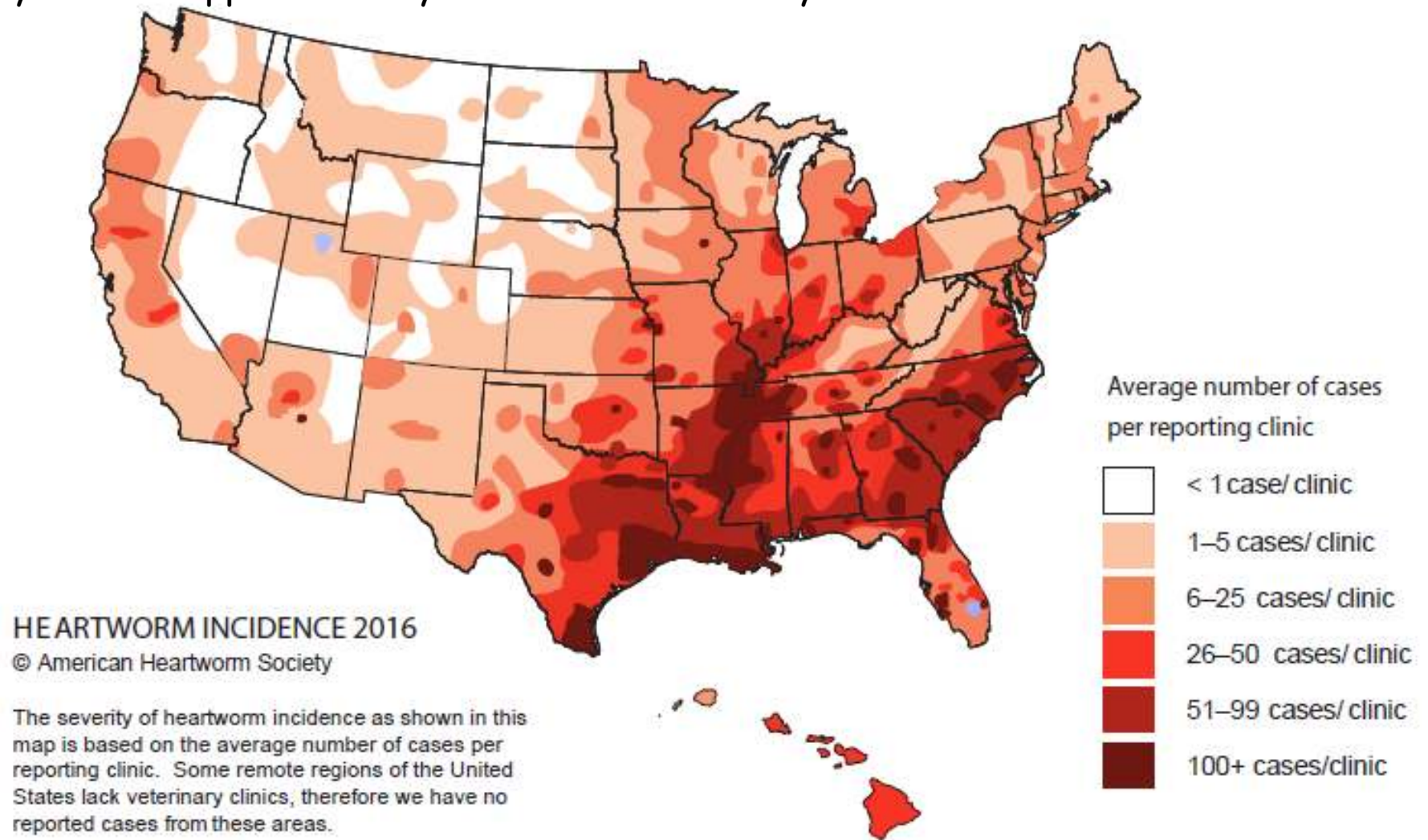


Heartworm is a  
**VERY SERIOUS**  
disease ..... but it  
**CAN BE**  
**PREVENTED!**

Find North Carolina on the map.

What do the colors on our state mean?

Do you know approximately where Moore County is?



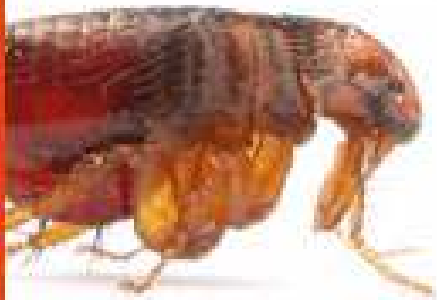
How dark is the color in our area?  
Do we have a problem?

# Help!!

PREVENTION please!  
Fleas and ticks came make me feel miserable.....  
and can make me sick, too.



**Flea**



**Tick**







The Standard of  
Veterinary Excellence

# Caring for your **Cat or Kitten**

Taking care of a cat or kitten is a big job! Find out what supplies you will need and what responsibilities you will have to take care of your new best friend.

## Supplies Needed

- Balanced, brand name food. Not generic! Make sure it's for the right age. Dry food is better for your pet's teeth. Canned food is more similar to a natural diet for cats, so some of both is probably best.
- Food and water bowls. Ceramic and metal are best. Some pets are sensitive to plastic.
- Cat toys – make sure there aren't any small parts or string that can fall off and be swallowed
- A cat brush
- Cat toothpaste and toothbrush
- "Breakaway" collar and ID tag
- Microchip both indoor and outdoor cats
- Scratching post or scratching pad
- Litter box – one per cat, plus one extra
- Litter – scoopable litter is best. Don't use dusty or perfumed litter.
- Cat carrier
- Cat nail clippers
- Optional: Cat condo, cat leash and harness, cat bed, cat "plants"

## Feeding Your Cat/Kitten

- Kittens (under 6 months): 3-4 times a day
- Over 6 months: Feed twice a day (amount depends on food type and how active your cat is)
- Training your cat to eat twice a day: When your kitten turns 6 months old, offer food to him/her twice a day only. Leave the food out for ½ hour only. Your cat will quickly learn to eat all of his/her food during the half hour.
- Avoid giving your pet too many treats since cats can become overweight as they age

## Dangers! Never Feed Your Cat/Kitten:

- Alcoholic drinks
- Chocolate
- Coffee
- Grapes and raisins
- Moldy or spoiled food
- Onions, garlic and chives
- Bones
- Tomato plants
- Unripe fruit
- Yeast dough
- Any houseplants – some are poisonous



## Chores

### Daily

- Clean litter box, feed (see above)
- Clean water/food bowls
- Change water
- Play with your cat
- Walk (optional)

### Weekly

- Thoroughly clean the litter box using a mild soap and replace litter
- Brush teeth once

### Two Times a Week

- Brush hair (gently)

### Monthly

- Check to see if nails need to be trimmed

### Yearly

- Have your parent or guardian take your cat to veterinarian for a check-up

## Training

You can train your cat to walk on leash by using a leash or harness made for cats, by starting in a fenced-in yard and rewarding them for good behavior with treats. You can also train your cat to use a scratching post by placing catnip around the base of the post and rewarding your pet when he/she uses the scratching post. Cats love to scratch!



## Brushing Your Cat's Teeth

It is not easy, but cats are healthier if you brush their teeth. Use cat toothpaste and brush. Start when they are kittens, so they get used to it.

## Spaying and Neutering

- Female cats should be spayed and male cats neutered by six months old. This reduces bad behavior and some diseases later in life.

## Finding the Right Veterinarian

- When you get your pet, have your parent or guardian take it to a veterinarian for a check-up
- Your pet should see a veterinarian at least once a year and when you think it might be sick

*Information on taking care of your cat or kitten provided by Link Welborn, DVM DABVP, of Temple Terrace Animal & Bird Hospital in Tampa, Florida.*

# WHAT AN INDOOR ONLY CAT MISSES...

- \* BEING HIT BY A CAR
  - \* BEING STOLEN
  - \* GETTING LOST
  - \* FIGHTS WITH CATS, DOGS, SKUNKS,  
COYOTES, FOXES, BEARS & RACCOONS
  - \* RAIN, SNOW, VERY HOT or COLD WEATHER
  - \* BEING MISTREATED & ABUSED BY STRANGERS
  - \* GUNSHOT WOUNDS/BB GUNS
- NOT EVERYONE LIKES CATS!**



- \* FIV, FELV, FIP
- \* INFECTIONS
- \* SICKNESS
- \* DISEASE
- \* INJURIES
- \* ANIMAL TRAPS
- \* RAT POISON
- \* ANTIFREEZE
- \* ROCK SALT
- \* FLEAS, TICKS & WORMS
- \* GETTING COLLAR CAUGHT



Cats who  
live indoors  
are safer  
and can live  
longer lives,  
but.....

..... they can  
get fat and  
bored.

Give them  
plenty of  
exercise and  
stimulation.

How about a  
good seat at  
a window?



# Caring for your **Dog or Puppy**

Taking care of a dog or puppy is a big job! Find out what supplies you will need and what responsibilities you will have to take care of your new best friend.

## Supplies

- Premium quality dog food and treats for the right breed and size
- Food and water bowls – ceramic and metal bowls clean up better
- Safe toys – make sure there's no lead paint or breakable parts
- Dog brush and comb
- Dog shampoo
- Proper scooper and biodegradable poop bags
- Collar with license and ID tag
- Leash
- Dog nail clippers
- Carrier or crate
- Dog bed
- Dog toothbrush and dog toothpaste
- Outdoor dog house
- Make sure you have shaded areas outdoors

## What to Feed Your Puppy or Dog

- Adult dogs should eat premium-quality dry food. If you want, you can mix the dry food with water, low-salt broth or canned food
- Dogs can eat MOST fruits and vegetables, but never more than 10% of their daily diet. See below for a list of foods that shouldn't be given to dogs.
- Puppies need a high-quality puppy food
- Avoid "people food" for all dogs and puppies
- Dogs and puppies need clean, fresh water available at all times

## When to Feed

- Puppies eight to 12 weeks old: three meals a day
- Puppies three to six months old: two meals a day
- Puppies six months to one year: two meals a day
- Dogs, one year or older: two meals a day
- Large dogs: may need three meals a day

## Dangers! Never Give Your Puppy or Dog:

- Anything harder than your pet's teeth. This includes cow bones, nylon bones and real bones. These can break a dog's teeth.
- House plants
- T-shirts or knotted socks. If accidentally chewed apart and ingested, they can become "foreign bodies", causing your pet to become very ill.
- Alcohol
- Chocolate
- Coffee
- Grapes and raisins
- Moldy or spoiled food
- Onions, garlic or chives
- Poultry bones
- Salty foods or salt
- Tomato leaves or stems
- Unripe fruit
- Yeast dough
- Nuts
- Medicines unless it's recommended by a veterinarian



HealthyPet.com

## Exercise

- Different dogs need different amounts of exercise. Some dogs need a lot. Some dogs get hurt if they exercise too much. Ask your veterinarian what's best for your pet.
- When walking your pet, be careful of ice or snow, deicer salt, or hot pavement.

## Chores Daily

- Gently brush your dog's fur
- Play with your dog
- Walk your dog – ask your veterinarian how long and how much
- Brush your dog's teeth – chew toys aren't enough
- Clean up poop
- Clean water and food bowls
- Feed and water your pet

## Monthly

- Bathe your dog if needed. Some dogs don't need to be bathed monthly.
- Have your parents or guardian:
  - Check your dog's nails to see if they need to be clipped
  - Give your dog a heartworm pill from your veterinarian – no matter which state you live in!
  - Ask your veterinarian to see if your dog needs his/her ear hair trimmed or if he/she needs his/her "anal glands expressed"
  - Apply a flea/tick prevention treatment if needed

## Yearly

- Have your parent or guardian take your dog to the veterinarian for a checkup and any vaccines

## Be Gentle

- Never hit a dog, they don't understand what hitting is
- Never grab your dog's fur or tail
- Don't force a tired dog to play

## Get a License and ID

- Follow your city's licensing laws
- Attach the license to your dog's collar
- Have your parents or guardian ask the veterinarian to microchip your dog

## Go to Dog or Puppy School

A trained dog is a happy dog! Contact your local humane society or veterinarian to find a training class.

## Spay and Neuter

- To prevent health problems, females should be spayed and males should be neutered. Check with your veterinarian on the appropriate age to spay or neuter your pet.
- Dogs that are spayed/neutered don't run away or fight as much

## Finding the Right Veterinarian

- When you get your dog, have your parent or guardian take it to a veterinarian for a checkup
- Your dog should see a veterinarian once a year and when you think it might be sick

You know your dog best. If your dog seems to be acting strangely, call your veterinarian right away!

*Information about taking of your dog or puppy provided by Wendy Hauser, DVM, of the Coal Creek Veterinary Hospital, Centennial, Colo.*



# Activity 3



- Find these videos on the Home Learning Page:
  - The Dog Listener video
  - Dog Body Language video
  - Dog Stars (Bite Prevention) video
- Listen for these words and topics about interacting with dogs:
  - Territory, territorial
  - Approaching and petting a dog you meet on the street with its owner
  - Being a dog listener
  - What to do when you see a lost dog
  - "Make like a tree"
  - A way to distract a strange dog and get away safely
  - "The deed, not the breed"
  - How to treat dogs you already know
  - What dogs tell us with their mouths, eyes, ears, bodies and tails
  - Ways the Dog Stars showed us to keep from getting bitten by a dog
- Now, watch the "4 Things Your Cat is Trying to Tell you" video and think about what is the same and what is different between dogs and cats.



How do you approach a dog?

When do you leave a dog alone?

## The Young Person's Guide To **WOOFS** and **GROWLS**

Dogs are different to people. Clarissa will show us what to do - and what not to do around dogs.



**Never** put your face near a dog's face.



**Be quiet** and walk slowly. Dogs get scared of loud noises and fast movement.



**Always wait** for a dog to come to you. If they want to be stroked or play, they will ask!



**Never** disturb dogs when they are sleeping.



**Never** go up to a dog when they are eating.



**Never** go up to or touch a dog you don't know.



Dogs growl when they are angry or scared. Fold your arms and **walk away slowly**.



Dogs are territorial.

Respect their space.

Cats use a lot of body language.

Learn a new language!

## CAT LANGUAGE



"Listen" to what the cat's ears and tail are telling you!

# Two Tales



Snowball visits the  
Veterinarian and Groomer

She feels so much better!



Barney....  
The life of an  
indoor cat

KEEP YOUR PET  
**HEALTHY**

His good care continues.



Flea



Tick



Heartworm

= Prevention !!!

# Activity 5

What did you learn from watching  
The Dog Listener video?

- 3-2-1 Summarizer



## 3•2•1 Summarizer

\_\_\_\_\_ *Name*

3 ways I can keep my pet safe:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

2 ways I can keep my pet healthy:



\_\_\_\_\_



\_\_\_\_\_

1 way I can be safe around pets:



\_\_\_\_\_



# Activity 6

- To Keep my Pet...
  - Happy, I need to...
  - Healthy, I need to...
  - Safe, I need to...
- To be sure I'm safe around pets, I need to...

Can you explain to your family and friends what it takes to keep pets happy, healthy and safe?

Can you teach them what "Make like a tree" means?

Can you explain "It's the deed, not the breed"?

# Activity 7

- I CAN Statement

Review the I CAN statements for Lessons 1, 2 and 3 and think about all you have learned so far.

## Pet Responsibility Folder

Belonging to:



Click on your school at  
[www.mcprc.org](http://www.mcprc.org)

### THE PET RESPONSIBILITY PROGRAM

#### "I CAN" STATEMENTS:

"I CAN" HELP SOLVE THE "SAD PROBLEM" IN MOORE COUNTY.

#### LESSON 1

"I CAN" BE A RESPONSIBLE PET OWNER.

#### LESSON 2

"I CAN" HELP STOP PET OVERPOPULATION IN OUR COUNTY.

#### LESSON 3

"I CAN" MAKE SURE MY PET IS HEALTHY AND SAFE; I CAN BE SAFE AROUND DOGS AND CATS.

#### LESSON 4

"I CAN" MAKE A RESPONSIBLE DECISION ABOUT PROVIDING FOR A PET FOR ITS ENTIRE LIFE.

#### LESSON 5

"I CAN" BE AN ADVOCATE FOR ANIMALS.

#### LESSON 6

"I CAN" HELP SOLVE THE "SAD PROBLEM" IN MOORE COUNTY.



# Pet Responsibility Word List

Dependent

Fleas

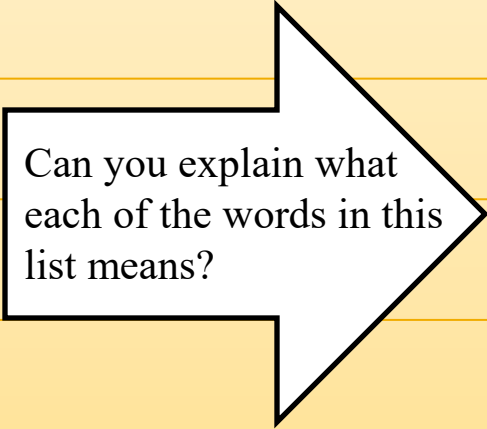
Healthy

Heartworm

Prevention

Rabies

Safe



Can you explain what  
each of the words in this  
list means?

# Homework

- Fido! Friend or Foe book
- Review the Dog and Cat Care Sheets
- Find out if your pet(s) have current vaccinations, flea and heartworm treatments
  - Remember, a current rabies vaccination is **REQUIRED BY LAW** for each dog and cat in North Carolina