

First Aid Every Pet Guardian Should Know

Family Matters

Every pet guardian hopes they'll never face an emergency.

But if they do, knowing a few simple first aid principles can make a real difference.

First aid isn't about replacing your vet.

It's about helping your pet safely until they receive veterinary care.

At Amity, we believe that every pet guardian should know the basics. Our purpose is to **Empower You Through Education**, giving you the confidence to act calmly when every minute matters.

Stay Calm

Your pet will often sense your emotions.

If you're calm, they're more likely to remain calm too.

Take a deep breath.

Think before you act.

Many emergencies look dramatic but can be managed successfully with prompt veterinary treatment.

Keep Yourself Safe

Even the gentlest pet may bite when frightened or in pain.

Approach slowly.

Speak softly.

Avoid sudden movements.

Never put yourself at risk trying to help your pet.

Stop Serious Bleeding

If your pet has an external wound that is bleeding:

- Apply firm, direct pressure with a clean towel or bandage.

- Maintain continuous pressure for **5–10 minutes**.
- Avoid lifting the dressing repeatedly to check the wound.

If the bleeding doesn't stop, seek veterinary attention immediately.

Heatstroke: Wet Before Vet

Heatstroke is a genuine emergency.

Remember the simple phrase:

Wet Before Vet.

Start cooling your pet immediately using water before travelling to the veterinary practice.

Continue cooling during transport.

Starting treatment immediately can significantly improve the chances of survival.

Poisoning

If you suspect your pet has eaten something poisonous:

- Contact your vet immediately.
- Bring the packaging if possible.
- Don't wait for symptoms.
- Don't give home remedies unless advised by your vet.

Early treatment often prevents a much bigger problem.

Seizures

If your pet is having a seizure:

- Move nearby objects out of the way.
- Time the seizure.
- Record a video if it is safe to do so.
- Never put your hands or objects into your pet's mouth.

Most seizures stop within a few minutes, but prolonged or repeated seizures require emergency treatment.

Breathing Difficulties

If your pet is struggling to breathe:

- Keep them calm.
- Minimise handling.

- Transport them to the vet immediately.

Difficulty breathing should always be treated as an emergency.

Road Traffic Accidents

Even if your pet appears normal after being hit by a car, internal injuries may not be obvious.

Have them examined by a vet as soon as possible.

It's always safer to be told everything is fine than to miss a hidden injury.

Keep an Emergency Kit

A simple pet first aid kit might include:

- Gauze swabs.
- Bandages.
- Self-adhesive bandage.
- Saline solution.
- Clean towels.
- Tick remover.
- Blunt-ended scissors.
- Disposable gloves.
- Your veterinary practice's telephone number.

Having these items ready before an emergency can save valuable time.

First Aid Has One Purpose

First aid isn't about diagnosing illness.

It isn't about replacing professional treatment.

Its purpose is simple:

Keep your pet safe, prevent the problem from getting worse, and get them to the vet.

At Amity, we'd always rather answer a phone call that turns out not to be an emergency than have someone delay because they were unsure.

Sometimes the most important first aid isn't a bandage or a dressing.

It's recognising that your pet needs help.

Because they're not just your pet.

They're family.

Family Matters.

If you need more information, book an appointment with an Amity vet. We're here to Empower You Through Education and help you become your pet's greatest advocate.