Thank you for joining us to learn about emergencies in cats and dogs who are 5 weeks of age and older…
It can be scary trying to decide whether a health problem in your foster cat or dog is an emergency or not. When in doubt, always contact your foster coordinator. Fortunately, emergencies in foster pets don’t happen very often. But it is very helpful to be prepared for an emergency situation if and when it does arise.

The learning goals for this class are…

To teach foster caregivers why a highly contagious and potentially fatal infectious disease is an emergency in a population of cats and dogs…
To guide foster caregivers on when to seek emergency veterinary care…and…
To educate foster caregivers on supportive care they can provide until emergency veterinary care can be obtained.
Monitoring of cats and dogs is critical for early detection of health problems, and assessing the effectiveness of medical treatment. This includes tracking body weights every 1-2 weeks; and the daily recording of appetite, activity level, peeing and pooping, and any signs of illness.

Daily monitoring of your foster cats and dogs will help you recognize what is normal, so that you are better able to detect the abnormal.
Early intervention is important.

A delay in seeking emergency veterinary care for your foster cats and dogs can prolong recovery time or result in a negative outcome…and..

A delay in a diagnostic test increases the chance of a highly contagious and potentially fatal infectious disease spreading through an animal shelter or rescue group. If an infectious disease is caught early, quarantine measures can be implemented to prevent further spread of the disease.
Cats and dogs in animal shelters and rescue groups have increased susceptibility to infectious diseases, and this is one reason why it is so important to catch signs of infectious disease early. There are several explanations for why this population is more susceptible:

There are many animals coming into animal shelters and rescue groups who may not have been vaccinated. They could be strays without an owner, or they could have had an owner who did not have them vaccinated...and...

Many animals coming in may have been exposed to infectious diseases before intake, but are not yet showing symptoms. This is especially true of animals who were transported from one animal shelter or rescue group to another.

Also, there are kittens and puppies under 6 months of age coming in whose immunity from their mother’s milk is wearing off and who are more likely to be unvaccinated on intake compared to adults.
Test Your Knowledge!

Quiz - 2 questions

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The most important emergency in animal shelters and rescue groups is the presence of a highly contagious and potentially fatal infectious disease in one of its cats or dogs, especially since this is a population with increased susceptibility to infectious disease. It is very important to catch such infectious disease early, so that quarantine measures can be implemented to prevent it from spreading. It is an emergency not just for an individual foster pet who is sick, but for all cats or dogs in the animal shelter or rescue group who are at risk of catching the disease.

Two of the most common highly contagious and potentially fatal infectious diseases, especially in cats and dogs under 4 months of age, are feline panleukopenia virus (aka feline distemper virus) and canine parvovirus. These diseases can cause vomiting, diarrhea, dehydration, and even unexpected death.
Other potentially fatal infectious diseases of concern include canine distemper virus and a severe form of calicivirus in cats called virulent systemic feline calicivirus. With these diseases, what can initially appear to be a simple case of kennel cough in a dog or an upper respiratory infection in a cat can turn out to be a very serious infectious disease that affects multiple organs and/or causes pneumonia.

It is important to understand that we have not discussed all possible serious infectious diseases that your foster pet could get, these are just some examples given to illustrate why you should monitor your foster pet daily and pay attention to whether any symptoms of illness are getting worse. If your foster pet has upper respiratory symptoms, vomiting, or diarrhea, and his or her condition is not improving or is getting worse, you should contact your foster coordinator.
Test Your Knowledge!

Quiz - 3 questions

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Edit in Quizmaker  Edit Properties
We have learned that a highly contagious and potentially fatal infectious disease is an emergency in animal shelters and rescue groups. Emergencies that only affect an individual cat or dog include common, easy to recognize emergencies. A cat or dog that is choking or bleeding; or that has severe bruising, a major wound, broken bones or severe lameness; needs immediate emergency veterinary care. A cat or a dog with a history of trauma also needs to be checked out by a veterinarian immediately, even if he or she initially appears to be okay. Trauma can be caused by a lot of things including being hit by a car, being stepped on, falling from high place, or fighting with another cat or dog. Known ingestion of a toxic substance such as rat poison, or a foreign body such as a long piece of ribbon, is also an emergency, and time is of essence. There is a limited time frame after a cat or dog eats something, usually within the first hour or two, where the veterinarian can induce vomiting that brings up the toxic substance or foreign body.
Some emergencies are harder to recognize. This is where it becomes more challenging for a foster caregiver to decide what is or is not an emergency. Some of the most common emergency symptoms that you may see in your foster cat or dog include…

Difficult or labored breathing…
Seizures…
Staggering, incoordination, collapse…
Serious cases of vomiting and/or diarrhea…
Unexpected death…
Severe lethargy…
Body temperature of 104.5° F or higher or 98.5° F or lower
Moderate to severe dehydration…
Abnormal gum color…
Pain…
Severe swelling…
Straining to pee or poop…
Difficulty giving birth… and…
Distended belly…

We will be going through each of these symptoms one by one… and it is important to remember that this is not a complete list of every possible emergency symptom. If think you may have an emergency situation with your foster pet, it is best to be safe rather than sorry and to call your foster coordinator immediately.
Difficult or labored breathing in a cat or dog is one of the most urgent emergency symptoms that you will see. Signs that your cat or dog is having difficult or labored breathing may include:

- Open mouth breathing…
- Gasping for air…
- Very noisy/raspy breathing…
- Very fast breathing…
- The abdomen moving more than the chest in an effort to breathe.

There are many possibilities for what could be causing difficult or labored breathing, ranging from asthma to heart disease to pneumonia to a contagious and potentially fatal infectious disease.

When ready, click the video start button on the video on the left side of the screen to view a cat having trouble breathing…
Seizures are an emergency. With seizures, you may see
Muscle twitching or jerking of limbs...
Drooling... and...
Disorientation...
And accidental peeing or pooping during the episode.
There is a variety of causes of seizures. In young kittens and puppies, seizures are most commonly associated with low blood sugar.
It is also important to recognize that seizures in dogs can also be a symptom of canine distemper virus, which is one of the highly contagious and potentially fatal infectious diseases that we have discussed.
When ready, click on the video start button of the video on the right side of the screen to view a cat having a seizure...
Staggering, incoordination, or collapse is another indication to seek immediate emergency veterinary care.

There are many causes of staggering, incoordination, and collapse. Common causes are the ingestion of a toxic substance or a poisonous plant, inner ear infections, geriatric vestibular syndrome, trauma from a head injury, strokes, and brain tumors. Heart disease can also cause a cat or dog to collapse.

When ready click the video start button on the video on the left to view a dog who got into marijuana and is showing staggering and incoordination…
Infrequent small amounts of vomiting and/or diarrhea are common in foster pets, due to stress caused by new environments, or to stomach upset caused by diet changes. But some cases of vomiting and/or diarrhea can be serious, and some indications of this are:

- Vomiting and/or diarrhea is accompanied by lethargy, (which means weakness or lack of energy)…or…
- Vomiting and/or diarrhea that is persistent, that lasts longer than 1-2 days… or…
- Moderate to large amounts of vomit or diarrhea…or…
- Vomit and/or diarrhea that contains blood…or…that contains traces of an ingested toxic substance or a foreign body.
- Also, don’t forget that vomiting and/or diarrhea can be a sign of a highly contagious or potentially fatal infectious disease such as feline panleukopenia (aka feline distemper) virus or canine parvovirus, especially in kittens and puppies. As this picture of a puppy in a cage shows, canine parvovirus sometimes causes very watery and bloody diarrhea.
Unexpected death is an emergency in animal shelters and rescue groups. Important causes of unexpected death are infectious diseases, including feline panleukopenia virus (aka feline distemper virus), canine parvovirus, and canine distemper virus.

There are several reasons why unexpected death is an emergency…

We need to be concerned about the remaining littermates of a kitten or puppy who died, if there are any. There is a high likelihood that they will also die from the same infectious disease if they are left untreated, or that they will spread the same infectious disease to other cats or dogs… and…

We need to be concerned about other cats or dogs exposed to the one who died, including any owned pets who are not current on their vaccinations, because they could contract the same infectious disease and could spread it to other cats or dogs… and…

We need to be concerned about other cats or dogs who could potentially be exposed if quarantine measures are not implemented, including current cats or dogs at the animal shelter or rescue group, and new ones who are coming in on a regular basis.
Severe Lethargy is another very urgent emergency symptom that is non-specific and can be seen with many medical conditions. Lethargy means weakness or lack of energy. In a cat or dog that is severely lethargic, signs include

- Barely moving
- Difficulty holding head up
- Lying flat out
- Not responsive

Severe Lethargy
A body temperature that is 104.5°F or higher or 98.5°F or lower is an emergency.

The normal body temperature in cats and dogs 5 weeks and older is 100.5-102.5°F

When the body temperature is 104.5°F or higher, two common causes are...the cat or dog could be sick and have a fever, or if it is hot outside, they could have heat stroke.

When the body temperature is 98.5°F or lower, two common causes are...the cat or dog could have a severe illness or could be in shock.

If your cat or dog has other symptoms, such as not eating or lethargy, in combination with a fever or a low body temperature that does not yet meet these cutoff levels, you should go ahead and contact your foster coordinator to discuss whether or not the situation is an emergency.
Moderate to severe dehydration is another emergency symptom. You can check your cat or dog for dehydration in several ways… 1) Pick up the skin between the shoulder blades and drop it. If the skin snaps back into place quickly, within 1-2 seconds, he or she is likely well hydrated.

Click to start the video in the top right corner at any time for an example of the skin snapping back into place quickly on a well hydrated cat… (Play video)…

If it takes longer than this for the skin to sink back down into place, your cat or dog is likely dehydrated. 2) Rub your finger on the gums. If the gums feel wet and slippery, your cat or dog is likely well hydrated. If the gums feel sticky, he or she is most likely dehydrated. 3) Look at the eyes. In severe cases of dehydration, your cat’s or dog’s eyes may have a sunken-in appearance.

Common causes of dehydration include watery diarrhea, frequent vomiting, overheating in hot weather, or not drinking enough water. Be sure to provide your foster pet with plenty of fresh water at all times. Please note that you should not withhold water due to frequent peeing, or you may inadvertently cause your cat or dog to become dehydrated.
Abnormal gum color is another emergency symptom.

- Pink is normal…
- Blue or grey indicates lack of oxygen…
- Dark red may indicate a blood infection…
- White indicates blood loss… including that seen with severe flea infestation… and…
- Yellow indicates a liver problem or blood disorder
Pain is also an emergency, regardless of what is causing the pain or what part of the body is painful. Many things can cause pain. Some common causes of pain are injury, infection, and illness or disease. A broken leg, an infected bite wound, and a ruptured tumor in the belly can all cause pain. Even a badly swollen eye can cause pain.

Sometimes it is easy to tell that a cat or dog is painful. You can hear that he or she is vocalizing…crying, yowling, or groaning. Other times, signs of pain are not as obvious. You may see that a cat or dog is lethargic, which means weakness or lack of energy; or not eating. You may even see a normally friendly cat or dog who has become aggressive, and is now growling at you or trying to bite you.

A cat or dog who is in pain is an animal welfare concern. It is very important to get emergency veterinary care as soon as possible, so that the cause of the pain can be addressed and, if necessary, pain medications can be administered to relieve suffering.

Do not administer any pain medications without a veterinarian’s okay. Many pain medications that are over the counter can be toxic to cats or dogs, and many pain medications that are okay for a dog can be toxic to a cat. For example, Tylenol can kill a cat.
Severe swelling can be seen for very different reasons. Common causes are injury or infection. If a cat or dog has a broken leg, you may notice that the leg is very swollen. If a cat or dog has an infected wound that has resulted in a build-up of pus, an abscess will form and cause swelling.

A very important cause, that is an immediate and urgent emergency, is swelling caused by an allergic reaction. Cats and dogs can have severe allergic reactions to such things as a vaccine or an insect bite. Swelling related to an allergic reaction is usually on the face and legs. It is also commonly accompanied by itching, vomiting, and/or fever. If left untreated, or if not treated quickly enough, a severe allergic reaction could result in death.

If the cause of swelling in your cat or dog is not obvious, you should still contact your foster coordinator.
Straining to pee or poop can be mild to moderate, or it can be severe, indicating an emergency situation.

Mild to moderate straining to pee or poop is when there is normal to slightly decreased output. This is commonly seen with:

- An urinary tract infection...
- Crystals in the pee...
- Diarrhea..
- Constipation.. and
- Full anal glands.

These causes of mild to moderate straining need to be addressed by a veterinarian as soon as possible, but are not always an emergency. You should still contact your foster coordinator to discuss the problem, even if it does not end up being an emergency. Also remember that mild or moderate straining to pee or poop can progress into severe straining, so monitor your foster cat or dog closely.

Severe straining to pee or poop is when there is little to no output, and this is an emergency.

This can be seen with urinary blockage, which is very common in male cats.

It can also be seen with obstipation. Obstipation is worse than constipation, it is when the cat or dog is so constipated that the colon becomes very distended and it loses its function.
If your foster cat or dog is pregnant, another emergency that you want to watch for is having difficulty giving birth, when the time comes.

Signs of difficulty giving birth include…

- Straining or strong contractions for 1 hour without delivery of kitten or puppy…
- Unusual vaginal discharge: cloudy, black, foul smelling…
- Excessive vaginal bleeding

Excessive vaginal bleeding. To give you an idea of what is meant by excessive, this would be more than approximately two teaspoons in an average 10 pound cat.
A distended belly has a rounded look to it and feels like it is stretched out and tight. A distended belly by itself is not usually an emergency. A distended belly that is accompanied by at least one other symptom is an emergency. Other symptoms include…

Lethargy, which means weakness and lack of energy…
Pain and/or discomfort.
Vomiting…and
Straining to pee or poop.

Emergency Causes of distended belly include…but are not limited to…

Urinary blockage, which we have mentioned is very common in male cats…and…
Intestinal blockage, which can be caused by ingested foreign bodies…and…
Obstipation, which we have explained is worse than constipation…and…
Bloat (aka GDV, or gastric dilation-volvulus) in dogs… and
A ruptured splenic tumor in dogs
Test Your Knowledge

Quiz - 5 questions

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We have covered all of the most common indications to seek emergency veterinary care in your foster cat or dog.

Highly contagious and potentially fatal infectious disease...
Common, easy to recognize emergencies such as choking, bleeding, severe bruising, major wound, broken bones or severe lameness, history of trauma, or known ingestion of toxic substance or foreign body...
Difficult or labored breathing...
Seizures...
Staggering, incoordination, collapse...
Serious cases of vomiting and/or diarrhea...
Sudden death...
Severe lethargy...
Body temperature of ≥104.5 °F or ≤98.5 °F
Moderate to severe dehydration...
Abnormal gum color...
Pain...
Severe swelling...
Straining to pee/poop...
Difficulty giving birth...
Distended belly...

All of these are indications to seek veterinary emergency care immediately, but be aware that this is not a complete list of every emergency symptom you might see in a cat or dog who is 5 weeks of age and older. If you are concerned, or if you are not sure whether it is an emergency, you should contact your foster coordinator immediately. It is always better to be safe than sorry with foster cats and dogs, especially if a highly contagious and potentially fatal infectious disease is suspected.
There are things that you can do to try to help your foster cat or dog until emergency veterinary care can be obtained…

- If your cat or dog is choking, check the back of the throat for foreign bodies.
- If your cat or dog is bleeding, stop the bleeding by applying pressure with a clean towel….
- If your cat or dog has difficult or labored breathing…

Ensure a clear airway. Gently clean any nasal discharge off nostrils with soft cotton squares or a soft wash cloth moistened with warm water.

Also avoid upsetting your cat or dog. For example, do not force your foster pet into a carrier if he or she is struggling and/or resisting you. Stressing out a cat or dog who is having trouble breathing can potentially cause death.

If you have an oxygen tank available, provide supplemental oxygen by holding the tube in front of your cat’s or dog’s nose. Or better yet, place an oxygen mask around his or her muzzle.
If your cat or dog is having seizures or has staggering, incoordination, or collapse:…

If it is a kitten or puppy, rub white corn syrup or maple syrup on the gums with a cotton swab.

- Protect cat or dog from hitting his/her head, falling from a high place.
- Check house for evidence of ingestion of a poisonous substance.

Protect your cat or dog from hitting his or her head, falling from a high place…

Check your house for evidence of ingestion of a poisonous substance. Are there any plants that have been chewed on? Are there any chemicals, medications, or garbage laying spilled on the floor? Are there any other traces of anything toxic that your cat or dog could have gotten into?…
If your cat or dog has a high body temperature, start cooling efforts.
Spray your cat or dog with water, or immerse him/her in water. Do not do this if your cat or dog is sick! Getting a cat or dog wet who has a fever from an upper respiratory infection could make his or her illness even worse...
You can also put rubbing alcohol on the foot pads… and…
You can use fans...
But do not use ice. This may slow down heat elimination and have the opposite effect..
If your cat or dog has a low body temperature, start slow warming efforts. If you warm your cat or dog up too fast, it can cause shock.
Warming your cat or dog by cuddling them and using your own body heat will not work since normal human body temperature is 98.6 F compared to normal cat and dog temperature of 100.5-102.5° F.
To warm your cat or dog, use hot water bottles, a Snuggle Safe Disc, or rice packs. Be sure to wrap these heat sources in a towel so that they do not burn your cat or dog.

**What You Can Do**

- **Temperature ≥104°F**
  - Spray with water, immerse in water (not if sick!)
  - Put rubbing alcohol on the foot pads
  - Use fans
  - Do not use ice

- **Temperature ≤98°F**
  - Initiate slow warming efforts: hot water bottle, Snuggle Safe® disc, rice packs
If your cat or dog has a serious case of vomiting and/or diarrhea:

If there is diarrhea or occasional vomiting of small amounts, you should encourage frequent intake of small volumes of water.

If there is frequent vomiting of moderate to large amounts, it is best to withhold water until emergency veterinary care can be obtained, but no longer than 12-24 hours.

In cats and dogs older than 4 months, you should withhold food until veterinary care can be obtained, but no longer than 24-48 hours.

In cats and dogs younger than 4 months, do not withhold food or water, their blood sugar can drop to dangerously low levels which can cause seizures, and they can quickly become dehydrated. Rather, provide very small amounts of water and food frequently.

If a kitten or puppy is not eating and/or seems lethargic…

Rub white corn syrup on the gums with a cotton swab. If you do not have white corn syrup, you can use maple syrup.
Unexpected death can be a sign of a highly contagious and potentially fatal infectious disease…

If it is a kitten or puppy who died, you will need to quarantine and closely monitor the remaining littermates, if there are any, for any signs of illness.

You and the animal shelter or rescue group will need to identify any other cats or dogs, who are not littermates, but who may have been exposed to the cat or dog who died. These cats and dogs, including any owned pets who are not current on their vaccinations, should be quarantined and closely monitored for any signs of illness.

Wrap the deceased pet up and keep the body cool (not frozen) for a veterinarian to examine and potentially collect samples from. These samples can be sent out for testing for infectious diseases.
Test Your Knowledge!

Quiz - 3 questions

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Conclusion: As a foster caregiver, monitoring your foster cats and dogs is critical for early detection of health problems and assessing the effectiveness of medical treatment. This includes tracking body weights every 1-2 weeks; and the daily recording of appetite, activity level, peeing and pooping, and any signs of illness.

Fortunately, emergencies in foster pets don’t happen very often. But it is helpful to know how to recognize symptoms that your foster pets need emergency veterinary care and what you can do to help them in the meantime. Early intervention in care can shorten recovery times, result in more positive outcomes, and help prevent the spread of infectious diseases through an animal shelter or rescue group.
Thank you for watching and thank you for fostering!! You are making a huge difference in the lives of foster cats and dogs. We wish you and your cats and dogs all the best!