



Cat and Dog First Aid

Participant Packet

HEALTH PRECAUTIONS AND GUIDELINES DURING TRAINING

The American Red Cross has trained millions of people in first aid, cardiopulmonary resuscitation (CPR) and automated external defibrillators (AEDs) using manikins as a training aid. The Red Cross follows widely accepted guidelines for cleaning and decontaminating training manikins. If these guidelines are adhered to, the risk of any kind of disease transmission during training is extremely low. To help minimize the risk of disease transmission, you should follow some basic health precautions and guidelines while participating in training. You should take precautions if you have a condition that would increase your risk or other participants' risk of exposure to infections. Request a separate training manikin if you—

- Have an acute condition, such as a cold, a sore throat or cuts or sores on the hands or around your mouth.
- Know you are seropositive (have had a positive blood test) for hepatitis B surface antigen (HBsAg), indicating that you are currently infected with the hepatitis B virus.*
- Know you have a chronic infection indicated by long-term seropositivity (long-term positive blood tests) for the hepatitis B surface antigen (HBsAg)* or a positive blood test for anti-HIV (that is, a positive test for antibodies to HIV, the virus that causes many severe infections, including AIDS).
- Have had a positive blood test for hepatitis C (HCV).
- Have a type of condition that makes you unusually likely to get an infection.

To obtain information about testing for individual health status, go to:
www.cdc.gov/ncidod/diseases/hepatitis/c/faq.htm.

After a person has had an acute hepatitis B infection, he or she will no longer test positive for the surface antigen but will test positive for the hepatitis B antibody (anti-HBs). Persons who have been vaccinated for hepatitis B will also test positive for the hepatitis antibody. A positive test for the hepatitis B antibody (anti-HBs) should not be confused with a positive test for the hepatitis B surface antigen (HBsAg).

If you decide you should have your own manikin, ask your leader if he or she can provide one for you to use. You will not be asked to explain why in your request. The manikin will not be used by anyone else until it has been cleaned according to the recommended end-of-class decontamination procedures. Because the number of manikins available for class use is limited, the more advance notice you give, the more likely it is that you can be provided a separate manikin.

Guidelines

In addition to taking the precautions regarding manikins, you can further protect yourself and other participants from infection by following these guidelines:

- Wash your hands thoroughly before participating in class activities.
- Do not eat, drink, use tobacco products or chew gum during class when manikins are used.

* A person with hepatitis B infection will test positive for the hepatitis B surface antigen (HBsAg). Most persons infected with hepatitis B will get better within a period of time. However, some hepatitis B infections will become chronic and linger for much longer. These persons will continue to test positive for HBsAg. Their decision to participate in CPR training should be guided by their physician.

- Clean the manikin properly before use.
 - For some manikins, this means vigorously wiping the manikin's face, snout and the inside of its mouth with a clean gauze pad soaked with either a fresh solution of liquid chlorine bleach and water ($\frac{1}{4}$ -cup sodium hypochlorite per gallon of tap water) or rubbing alcohol. The surfaces should remain wet for at least 1 minute before they are wiped dry with a second piece of clean, absorbent material.
 - For other manikins, it means changing the manikin's face or snout. The leader will provide you with instructions for cleaning the type of manikin used in your class.
- Follow the guidelines provided by the leader when practicing skills, such as clearing a blocked airway with your finger.

Physical Stress and Injury

Due to the nature of the skills in this course, you will be participating in strenuous activities, such as performing CPR on the floor. If you have a medical condition or disability that will prevent you from taking part in the skills practice sessions, please let your leader know so that accommodations can be made.

TEST YOUR CAT AND DOG FIRST AID KNOWLEDGE QUIZ

True or False

1. ☐ T or ☐ F Even if I have a well-stocked first aid kit on hand for humans, I should also have a pet-specific first aid kit.
2. ☐ T or ☐ F In the event that I must evacuate my home due to a natural disaster, it is a good option to leave my pet inside the home as long as there is adequate food and water.
3. ☐ T or ☐ F An injured cat that is arching its back with its tail up, has hair standing up and is hissing is exhibiting signals that he may bite.
4. ☐ T or ☐ F Hurt, sick or scared animals rarely bite their owners, so muzzling is only suggested when a stranger attempts to give care.
5. ☐ T or ☐ F If an animal is not breathing, you can safely assume that there is no heartbeat or pulse.
6. ☐ T or ☐ F Tourniquets should be used to control bleeding as long as the bleeding continues for 5 minutes or more.
7. ☐ T or ☐ F If a dog gets up and walks away after a car accident, he may still be severely injured.
8. ☐ T or ☐ F Most seizures don't harm your pet. In fact, many have no residual effects at all.
9. ☐ T or ☐ F Except for rare situations, such as being left unattended in a hot car in the summer, cats rarely experience heat-related illnesses.
10. ☐ T or ☐ F If you suspect your pet has been exposed to any type of poison, immediately call 9-1-1 or the local emergency number.

EMERGENCY TELEPHONE NUMBERS FOR PETS

Directions: After filling in the information, make copies of this sheet and place one in each pet first aid kit, place one in your emergency preparedness kit and post one next to each telephone in your home.

Pet Name: _____

Special Conditions: _____

Medications: _____

Pet Name: _____

Special Conditions: _____

Medications: _____

Pet Name: _____

Special Conditions: _____

Medications: _____

Pet Name: _____

Special Conditions: _____

Medications: _____

Veterinarian: _____

After-Hours Emergency Veterinary Hospital: _____

Animal shelter or Animal Care and Control Agency: _____

American Society for the Prevention of Cruelty to Animals (ASPCA)

Animal Poison Control Center: (There may be a fee for these calls.) 1-888-426-4435

IMPORTANT TELEPHONE NUMBERS IN CASE OF EVACUATION

Directions: Complete this sheet with information about people and organizations you can rely on in the event of a disaster where evacuation is required. Place this sheet in your emergency preparedness kit with your pets' medical records.

In Your Local Area

	Name	Telephone Number	Address
Family			
Friends			
Pet-Friendly Hotel			
Pet-Friendly Hotel			
Veterinarian			
Emergency Vet Hospital			
Emergency Vet Hospital			
Boarding Facilities			
Boarding Facilities			
Local Animal Shelter			
Remote Animal Shelter			

IMPORTANT TELEPHONE NUMBERS IN CASE OF EVACUATION

continued

Out of State

	Name	Telephone Number	Address
Family			
Friends			
Pet-Friendly Hotel			
Pet-Friendly Hotel			
Veterinarian			
Emergency Vet Hospital			
Emergency Vet Hospital			
Boarding Facilities			
Boarding Facilities			
Local Animal Shelter			
Remote Animal Shelter			

NOTE: Most human emergency shelters will not allow animals, except service pets, to stay there. If you have more than one pet, you might have to house them separately during an evacuation period.

INFORMATION FOR PET CARRIER WHEN SHELTERING

Directions: Complete this sheet with your information and attach it to your pet's carrier if sheltering is required during a disaster. Also, attach a photo with you and your animal together to this sheet.

Pet Name: _____

Pet's Breed: _____

Medications: _____

Special Conditions: _____

Your Name: _____

Your Pre-Disaster Telephone Number: _____

Your Pre-Disaster Address: _____

Your Temporary Shelter Telephone Number: _____

Your Temporary Shelter Address: _____

E-mail Address: _____

HOW TO REMOVE DISPOSABLE GLOVES



1. *Partially remove first glove*

- Pinch glove at the wrist, being careful to touch only the glove's outside surface.
- Pull glove toward the fingertips without completely removing it.
- The glove is now partly inside out.

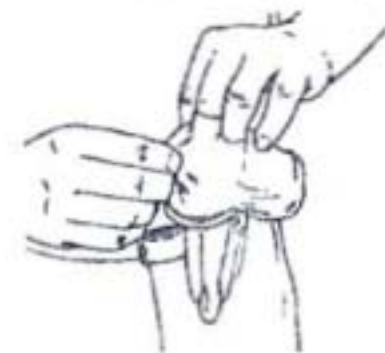


2. *Remove second glove*

- With your partially gloved hand, pinch the outside surface of the second glove.



- Pull the second glove toward the fingertips until it is inside out, and then remove it completely.



3. *Finish removing both gloves*

- Grasp both gloves with your free hand.
- Touch only the clean interior surface of the glove.

4. *After removing both gloves...*

- Discard gloves in an appropriate container.
- Wash your hands thoroughly.