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Tips to Keep Pets and Families Healthy



1. Prevent Disease

- Wash your hands after touching pets, their toys, bedding, or stool
- Make sure pets are on monthly flea/tick control
- Make sure their shots are current
- Make sure they go to the vet at least one time a year



2. Prevent Dog Bites

- Avoid scaring, cornering, or waking up a sleeping dog
- Teach kids how to respectfully approach dogs
- Be careful when coming close to a new dog
- Make sure your dog can't leave the yard



3. Spay and Neuter Pets

Sterilizing pets has many benefits, like lowering their chances of...

- Getting cancer or infection
- Being hit by a car
- Being aggressive
- Wandering or getting lost
- Inappropriate urination



4. Avoid Smoking

- Don't smoke around your pets, even during a walk, in the car, or in the yard
- Throw away cigarette butts; never leave them on sidewalks or in public parks
- Make sure pets don't eat cigarette butts



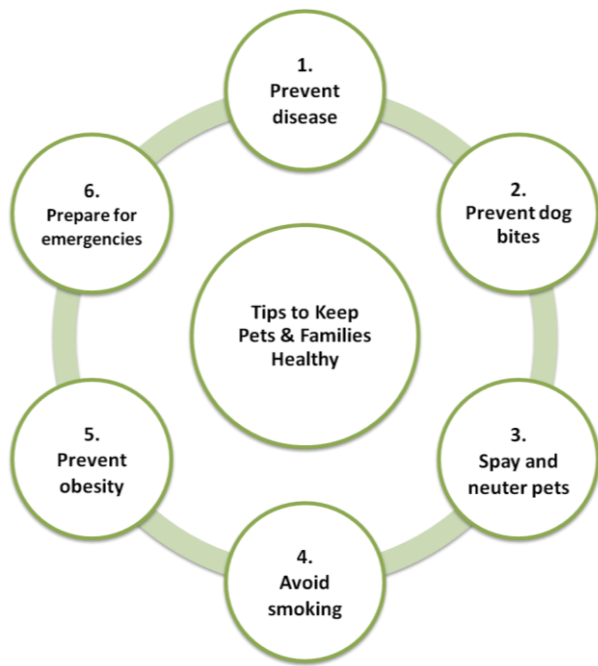
5. Prevent Obesity

- If you can't feel your pet's ribs, feed them less
- Play with your pet at least 30 minutes a day so you both get enough exercise
- Ask your vet to suggest a diet for your pet
- Give 1-3 meals per day



6. Prepare for Emergencies

- Have extra supplies, like food, water, medicine, bowl, and leash
- Make sure pets have an ID tag and microchip
- Carry a picture of your pet
- Know which hotels take pets in case you must evacuate



1. **Prevent diseases** – Diseases can be spread between animals and people through: stool, urine, bites, scratches, rashes, fleas/ticks, coughing/sneezing.
2. **Prevent dog bites** – Children are the most common victims of dog bites.
3. **Spay/Neuter (sterilize) your pets** – This is a surgery done on animals to prevent them from having babies.
4. **Avoid Smoking** – Cigarette smoke can cause cancer in pets and cigarette butts can poison pets and cause fires.
5. **Prevent Obesity** – Overweight pets are more likely to get diabetes or arthritis.
6. **Prepare for Emergencies** – Plan for yourself, plan for your pets.

Brought to you by the:

2020 Healthy Pets, Healthy Families Coalition

A group of Southern California-based veterinarians, doctors, and other animal experts working together to improve animal and human health.

2020 Healthy Pets Healthy Families partners:



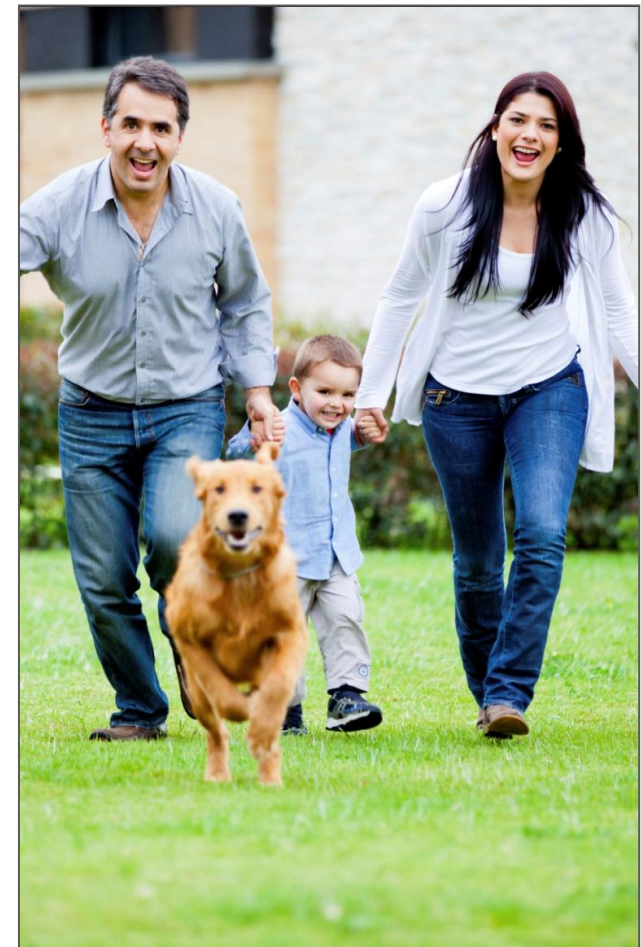
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