

Pet Emergency Card

Fill this in now, print it, and keep it on the fridge or in your pet's first aid kit. The moment you need it is not the moment to be looking any of this up.

My pet's normal baseline

- Resting heart rate: _____ (normal: ~60-140 bpm dogs, 160-220 bpm cats)
- Normal temperature: _____ (normal: ~100-102.5°F for both)
- Normal gum color: _____ (should be pink; capillary refill 1-2 sec)
- Current weight: _____

Numbers to call

- My regular vet: _____
- Nearest emergency vet hospital: _____
- ASPCA Animal Poison Control Center: (888) 426-4435 (24/7, consultation fee may apply)
- Pet Poison Helpline: (855) 764-7661 (24/7, \$89 per-incident fee)

Call immediately if you see

- ☐ Difficulty breathing, or blue/white/gray gums
- ☐ Unconscious or unresponsive
- ☐ A seizure lasting more than a few minutes, or more than one in a day
- ☐ Bleeding that won't stop after several minutes of firm pressure
- ☐ Known or suspected poisoning
- ☐ A bloated or distended abdomen
- ☐ Straining to urinate with little or no output
- ☐ Any eye injury
- ☐ A fall, car accident, or major trauma
- ☐ Repeated vomiting or diarrhea with visible blood

This card is a fast reference, not a diagnosis — when in doubt, call. Full guidance: frolicy's Emergency Center (basic first aid, CPR steps, and the full emergency checklist tool).