

AniCura

KITTEN

Care Guide

*Health
checks
at home*



*The kittens
first year*

ALL YOU NEED
TO WELCOME
YOUR FRIEND



SPEAK CAT

Learn to understand your kitten

*A veterinarian guide for
a smooth and safe start*

AniCura 



Finally, your furry friend is here.

The time has come to welcome your new family member. A companion that will follow your steps and greet you with joy. A playful cutie and a warm purring furball on your lap at night. The first time is full of cuddling and coziness. And perhaps some knocked down potted plants, scratch marks on your sofa, and questions in your head – do I do things right?

*Kittens are adorable.
And a great responsibility.
Let our veterinarians
guide you to the best start.*



In this guide

AniCura is happy to support you in your new role as a cat owner. In this guide, we have collected facts and advice on how to get a safe and rewarding life with your furry family member.

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**Things to consider
before your kitten arrives.**



Starter kit

A few things are essential to have at home to give your kitten a good start.

Bowls for food and water

Cats prefer stainless steel, glass, or ceramic rather than plastic and want to have the food and water bowls placed separately from each other, and not too close to the litter box.

Litter tray

Place it easily accessible and in a calm area. Choose an open tray or a box and an odourless and lump-forming litter. A scoop is a helpful tool.

Bed

Prepare comfortable beds in peaceful corners of your home using pillows, baskets, or blankets. Most cats don't want to rest on floor level so put them higher up.

Scratching post

It is natural and necessary for cats to scratch their claws. Get a purpose-built scratching post to save your furniture.

NOTE!
NEVER PLAY WITH RUBBER BANDS OR OTHER THINGS THAT YOUR CAT CAN SWALLOW.

Carrier

A good cat carrier is essential for getting your new friend home and taking trips to the vet. Make sure to get one that is suitable for your cat's size. The cat should be able to effortlessly stand up and turn around in it.

Food

Always use food specially formulated for kittens. If possible, choose the same food as the kitten is used to from the breeder.

Cat tree

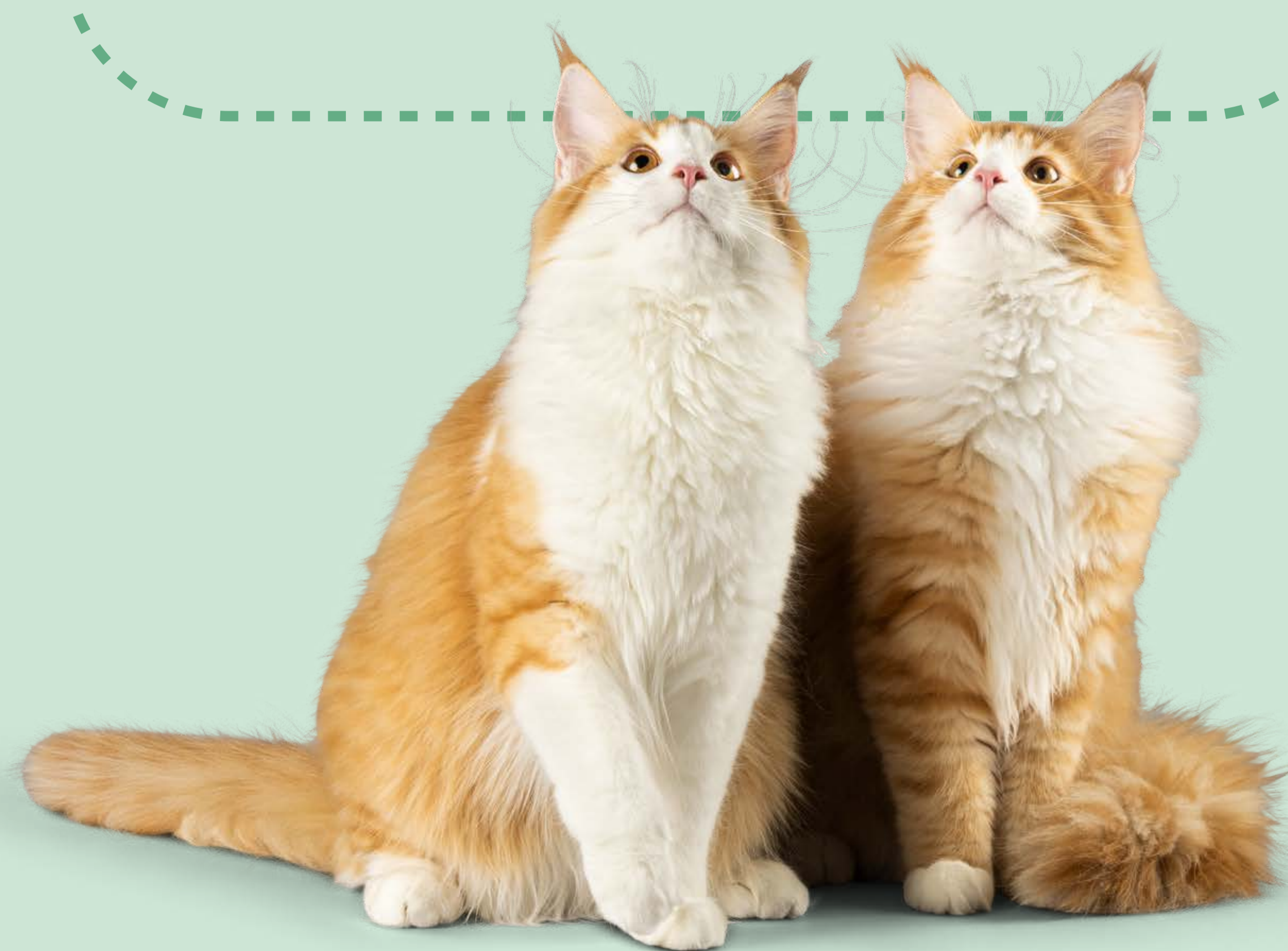
Cats like to climb. If your cat is supposed to live mainly indoors it can benefit from a cat tree or a home environment with different levels of shelves, windowsills, and furniture where the cat is allowed.

Toys

To maintain the cat's natural hunting instincts, toys and games are important. Simple things like a piece of paper on a string can be as fun as a toy from the pet store. Never play with rubber bands or other things that your cat can swallow.

SEVERAL CATS?

If you have more than one cat, they need at least one pair of bowls and a litter box each.



Cat-proof your home



You want your home to be safe for your new family member. Catproofing your home is not that much different from childproofing it.

Shelves and windows

Remove all glass and porcelain ornaments that your kitten might knock over and get hurt by. Memorabilia and other things that are precious to you are also a good idea to keep in a place where your kitten cannot destroy them.

Lit candles

Make sure any candles are out of reach so that your cat doesn't accidentally burn.

Open balconies and windows

If you live in a high-rise building your cat is at risk of falling if you leave a window or balcony door open. Catproof by installing safety nets or meshes.

Toilet seat

Don't forget to put the lid down! A kitten that falls into the toilet might not be able to get up.

Hot hobs

A hot hob is difficult to spot for a curious cat. To prevent your cat from accidentally burning its paws you can place a pot filled with cold water on a hob that is still warm after cooking.

Wires

Wires move when your kitten touches them and are of course fun to play with and chew on. Try to keep wires in a wire box, under carpets, or in other ways hidden from your cat.

Small objects

Yarn, needles, and thread, as well as ear plugs and hair rubber bands are examples of small objects that could be dangerous if your kitten finds and swallows them.

Toxic hazards

Unfortunately, eating something inappropriate is not the only way a cat can be poisoned. While grooming the cat can swallow toxic substances that have contaminated the coat. Other causes of poisoning are inhalation and absorption through the skin, mostly the paw pads.

Common cat poisons:



Plants: lilies, tulips, sago palms, rhododendrons, oleanders, cyclamens, etc. Check the flower labels for warnings.

Human food: chocolate, garlic, grapes, mushrooms. Tasty for humans, toxic for cats.

Cleaning products: bleach, disinfectants, polishes, laundry liquids, etc.

Car products: petrol, antifreeze, brake-, or washer fluid, etc. Note: Some cats find the glycol in the antifreeze tasty!

Beauty products: deodorant, nail polish, hair dyes, remover, lotions, etc.

Human medicines: paracetamol, laxatives, aspirin, and antidepressants are highly dangerous to cats, and even smaller amounts are enough to cause severe illness or death.



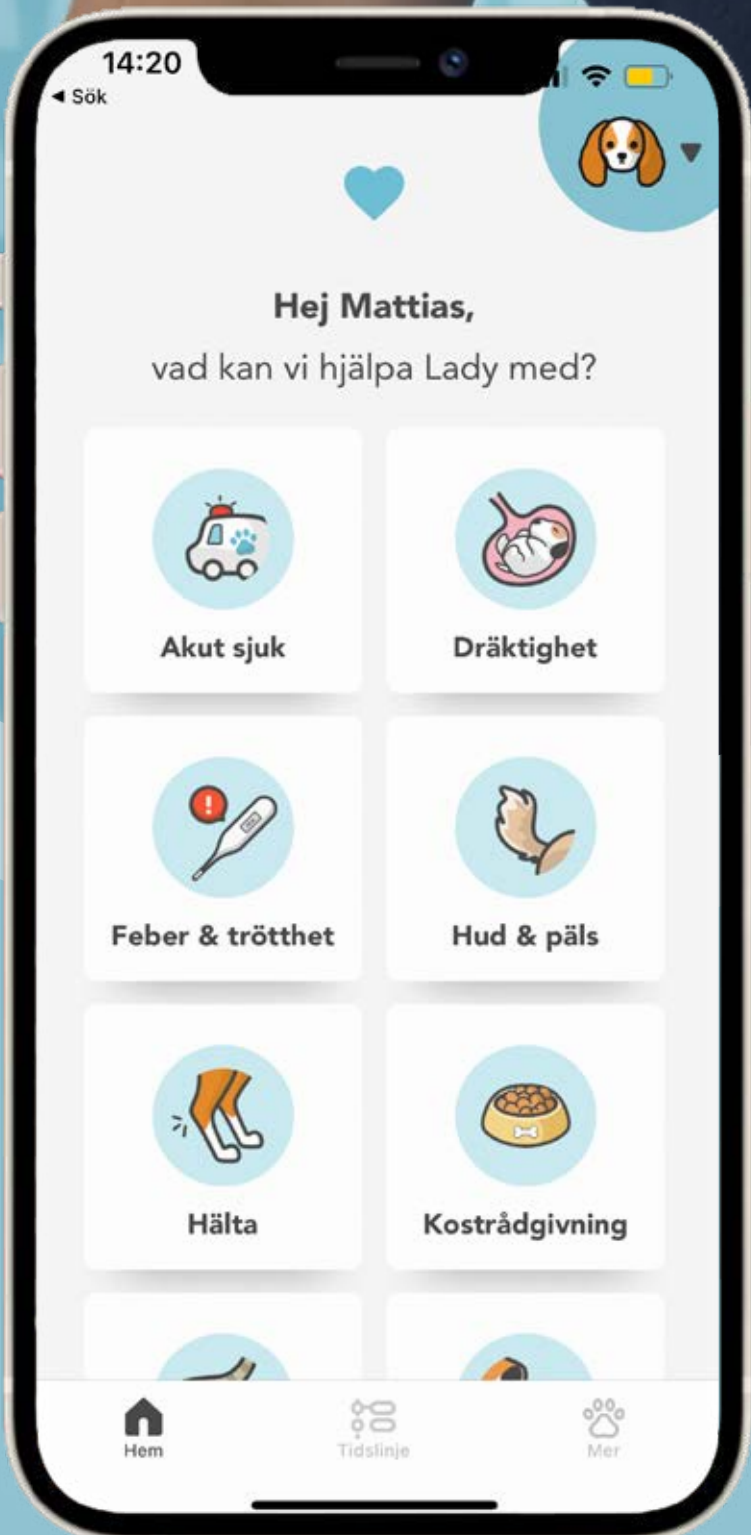
Decorating materials: paint, white spirit, wood preservatives, varnish, paint remover. If stuck in the cat's coat it can cause burning, blisters, and severe irritation in the mouth when the cat grooms.

Pesticides: insecticides, rodenticides, fungicides, and molluscicides are not only bad for the pests, but they are also toxic to cats.

Always ensure that you store the products mentioned above in safe places where your cat cannot reach them. If you suspect that your cat got poisoned, you need to visit the vet as quickly as possible.

Keep your kitten safe!

Sofia Müller
VETERINÄR



The AniCura App Veterinarian help when and where you need it

DOWNLOAD

W E L C O M E
H O M E



**Finally, the day has come
for your new family member to move in.**



Get the best start

The first steps in a new home may be frightening for a kitten, the experience of leaving the security of their mother and siblings can be traumatic. Therefore, it is wise to make the adaption process as calm and peaceful as possible.

Start with one room

Prepare one room where your newest family member can acclimate to the surroundings. Make sure that the room has everything your cat needs: food, water, a cosy bed, toys, litter tray, hiding spots. If possible, you can put a grid in the doorway and cover it with a blanket. By doing so your cat get a glimpse of the rest of the house and become familiar with all the new scents and sounds. After a while you gradually expand the area to larger parts of your home.

The necessities

Kittens have been taught how the litter box works by copying their mother, so usually you just need to show where it is located. Don't be surprised if the cat pays no attention to the food at this stage. The acclimatization process can be a stressful time and the kitten will eventually try out the food.

NOTE!
JUST LIKE US HUMANS, SOME CATS ARE CONFIDENT WHILE OTHERS ARE SHY

Security blanket

If possible, use a piece of bedding from the kitten's previous home to provide a familiar smell to its new bed. It may help them to feel secure and relax.

Take it slow

It is important to give your newfound furry friend some time to explore in its own pace. Stay as calm and quiet as possible and do not force or disturb your cat.



Introducing your kitten to kids

Cats and children can become the best of friends. Just remember that it is you as a parent that lay down the rules for a safe and happy relationship between the cat and the child.

Let the children be in the same room as the kitten only for short moments at a time in the beginning and wait for the kitten to approach.

Playing with a wand and rod toy is a perfect starting point as these enable the children to get involved without handling the kitten.

Let them give the kitten treats – this way the cat will make a positive association with the kids.

When it's time for physical interaction, remind the children to be gentle with the cat and to pay attention to its body language. Mention that the cat needs support under the front and hind legs if lifted. All interaction should be supervised by an adult.

Decide some "safe zones", where the children are not allowed to touch the cat. This should include the litter tray, feeding station, and resting places. Make sure you teach your kids how to read the signs to know when your new family member wants to be alone.



HOPEFULLY, YOU WILL
HAVE SOME NEW
BESTIES IN THE HOUSE
WITHIN NO TIME!



Introducing your kitten to other pets



Fighting like cats and dogs is mainly just a saying, reality can turn out much sweeter. But to make the relationship successful you must make the right arrangements.

Bringing a new cat to a family with other cats can be difficult as cats are territorial animals that may see other cats as intruders. Adult cats usually accept kittens more easily than they accept another adult feline.

When?

When the new cat shows signs of being comfortable in its new surroundings – plays with its toys, shows friendly behaviours (purrs, rubs around your legs, etc.), and eats and drinks normally – it is time to move on to introducing the other furry friends in the household.

Scent swapping

Start slowly by keeping the pets in different rooms and just letting them get used to each other's smells. Swap blankets in the bedding and if possible, feed them on either side of a door. Allow the pets to wander about in each other's spaces when the other one isn't present. The goal is that the pets will create a "communal scent". This will help them recognize each other as part of the same social group.

Time for visual contact

The first visual contact should be through a physical barrier such as a children's gate. Dogs should be kept in a body harness connected to a leash. Engage both pets in a calm, enjoyable activity such as a toy game with a human or a puzzle feeder. This should be in focus and the sight of the other pet should be something happening in the background. Distract them if any signs of negative behavior, like hissing, growling, or flattening the ears, are shown. Take the dog out of the room if it gets too excited. Repeat until both can relax in each other's company.

NOTE!
ENCOURAGE GOOD BEHAVIOUR WITH PRAISE AND TREATS.

Physical contact

Allow actual contact only when you feel positive that no bad reactions will occur. The interactions should take place under direct supervision, preferably by two humans. Keep the dog on a leash until you're certain that no chasing will happen. Use toys and treats to remain some distance between the pets instead of grabbing them if needed to be separated. Keep an eye out for any signs of tension. The goal should be a calm and relaxed encounter. Keep the sessions short and gradually make them longer.

Play alone

The pets should still be kept in different parts of the home, as should their necessities. Cats need their own separate bowls and litter trays. Continue to keep a close eye on how the relationship develops and wait before you leave them home alone.

Don't forget the old one

One of the main factors for a successful introduction of a new pet is that you make sure that the existing one still gets a lot of attention and devotion – this could be extra play time, cuddles, and one-to-one training sessions.

Good luck, and don't hesitate to ask your vet for advice if you are struggling!

BEHAVIOR



To fully bond with your new family member, you need to learn about cats' natural behaviour and how they communicate.

KITTENS

First Year

NEWBORN

At birth, kittens are blind and weigh around 100 grams. Until they are 3-4 weeks old, they rely solely on their mother.



2-8 WEEKS

The kittens' sense of smell and hearing will improve, and the eyes are opening.

Their first teeth will come, and it is time to introduce wet food, water, and a litter box.

After a while, the kittens should be served small meals regularly.

At 8 weeks, it is time for their first veterinary health check and vaccination.



10-12 WEEKS

Now, the kittens are playful and active but also require a lot of sleep.

At 12 weeks, kittens are ready to move to their new homes and need their second booster vaccination. Take the opportunity to ID tag the kitten.



14-16 WEEKS

Hopefully, your kitten is settled in, and you've got a new best friend.

Consult your veterinarian on how to proceed with your kitten's long-term vaccine program. The

recommendations will vary depending on your cat's environment and lifestyle.

It is time to decide about castration. If you have no plans of breeding, castration is recommended. It can be performed from the age of 4 months, ask your vet what is best for your kitten.



6-12 MONTHS

Your kitten has entered adolescence. It can last until they're around 18 months.

If you haven't already neutered your cat, now is the time to book an appointment.



12 MONTHS

Your cat is now considered an adult! Their metabolism has changed, and it is time to switch to adult cat food.



THEY GROW SO FAST!

Don't forget to take photos of your little sweetheart.



Understanding your cat

The more time you spend with your kitten in the beginning, the easier it will be to understand this little individual and to create a stronger bond. Take the opportunity to learn the cat's behaviour and signals.

Cats are hunters

The evolution process shaped cats to be top-of-the-food-chain predators and skilled hunters. Don't be surprised if your cat brings prey indoors, just to show you. It is an act of appreciation and an attempt to teach you to hunt, just like feline mothers do with their kittens.

Their most active periods are at dawn and dusk and during the spring and summer.

While some cats stick to their backyard, others may disappear for long periods.

Cats are territorial

Just like many other animals, cats have territories. They will mark their territory by for example rubbing, scratching, or spraying it with urine.

It's perfectly normal if it starts defending these areas against any "intruder".

For indoor cats, the owner needs to ensure a stimulating and interesting environment.

Cats are agile creatures

The cat's body is a masterpiece of coordination, balance, flexibility, and strength. It enables the cat to silently hunt, climb, and jump. This means your cat will try to explore all dimensions of your home, don't be surprised if you find your cat in the most inaccessible and unusual places. It is important to provide opportunities to climb, exercise, and play to maintain fitness and flexibility.



Cats communicate by scent

Cats use their sense of smell when communicating, defining their territory, keeping others at a distance, or attracting others. They leave scent messages on things and humans for self-assurance. Within the home, they rub their face glands, while outside they tend to use stronger signals like urine spraying.

Cats are self-reliant

Unlike dogs, cats don't need others of their kind to survive. They don't form packs and there's no hierarchy within groups. They know how to hunt, find shelter, defend territories, and keep clean. All by themselves. This means your cat may choose to be independent instead of interacting with people, and some cats don't want a feline companion as they find it stressful. If the cat feels that the territory is unsatisfactory, it may simply move to another.

Cats are emotional

It may be hard to see how a cat is feeling since it does not have facial expressions compared to a human or dog. But they are emotional creatures that feel pleasure, frustration, and fear. Be observant of changes in your cat's normal behaviour since this may indicate health problems or emotional change. It can be tricky to notice if a cat is ill or in pain since it's an expert at hiding any signs of weakness.

NOTE!

ALWAYS RESPECT YOUR CAT'S SIGNALS.

Cats are adaptable

Despite that the cat is a lone hunter, it can still thrive in different social and environmental situations. If food and shelter are provided and the cat is feeling satisfied, it can learn to adapt itself and co-exist in a group setting with humans and other pets.

But if the cat is being overly challenged, it may fail to cope, and problems like aggressive behaviour, urination, or soiling may occur. It is all part of their natural behaviour when undergoing stress but becomes an issue when happening inside our homes.

NOTE!

A CAT IN PAIN CAN ALSO START PURRING. NOBODY KNOWS FOR SURE, BUT ONE THEORY IS THAT THE CAT TRIES TO CALM ITSELF BY PURRING.



How to speak cat



Cats are individuals and you will get to know your kitten's ways of communication. But here are a few things to help you on the way.



Signs of satisfaction

- Tail straight up
- Eyes half closed
- Purring
- Paws kneading a soft surface
- Quivering tail

Signs of irritation

- Tail swishing rapidly
- Ears flat on their head
- Whiskers curled forward
- Constricted pupils



Signs of aggression

- Hissing or growling
- Tail between their legs or a 'bushy' tail
- Crouched down low to the ground



Cuddling-tip!

When you stroke or pet the cat, always start on the head. If your cat enjoys it, you can continue stroking its back. Never pet its belly, unless you are certain that it approves and enjoys it. Laying on its back and showing the belly is a way to say "hello" among cats, not to invite petting.



TRY THIS!

Cats blink at each other to show that they are friendly-minded. Try to do this yourself, and hopefully you will get a blink back.



Outside or inside?

An important question on the getting-a-cat-agenda; are you to let the cat roam free or are you aiming for a stay-at-home kitten? Both choices have their risks and benefits.

Outdoor cat

Cats are wild by nature and love freedom and outdoor activity. If you're planning on having an outdoor cat, it is wise to let it stay indoors for the first three weeks before entering the outside world. Just to make sure that it is fully acclimatized to the new home.

Before letting your kitten out without a harness and a leash, we recommend having it microchipped, vaccinated, and neutered. More about these procedures in the "At the vet"-chapter.

Put a collar on.

A good thing about wearing a collar is that your kitten doesn't look like a stray cat. Choose a safety-release collar so the cat won't get trapped and is unable to get loose. Pick one that's also reflective. The fit should be snug, but make sure you can fit two fingers under. Write out your name and number.

Insurance

As an extra safety precaution, insure your kitten - you never know what might happen when your kitten starts to explore the outdoors.



Secure your garden

You can't control the outdoor environment, but you can make sure that your kitten's immediate outdoor territory is safe. Close holes under sheds and verandas where it can be tempting for a little kitten to crawl in. Lock away toxic substances like weed killers and rat poison.

Nighttime and cold days

Most of the dangers appear during nighttime - wild animals tend to be more active and the risk of being hit by a car increases. If you live in a northern country, the temperature drop during winter is also a risk to take into consideration. Train your cat to come when called and reward it with treats when succeeding.

Going outside for the first time

- Put on a well-fitting harness and a leash
- Choose a day when it is not raining and a time of day when it is quiet in your neighborhood so that your kitten doesn't get frightened by loud noises.
- Let the kitten peak out the door or cat flap and make its own way out. If your kitten seems timid, make sure it sees its way back to the door while you accompany your kitten outside. - Walk around with your kitten while it explores the surroundings. This you should do until you know it finds its way back to the house properly, which can take several trips outside.
- Finish the outdoor experience by calling your kitten in and feeding it a delicious meal.

Indoor cat

The safest option for your cat is a life spent inside, you eliminate the risk of injuries caused by traffic as well as other animals. However, by limiting their habitat you also limit their ability to "act" like a cat. To prevent boredom, which often leads to unwanted behaviour, you need to create a stimulating environment for your cat.

Play

Keep your cat active with lots of different toys. Store-bought or homemade works just as fine.

TIP!
CATS GET BORED QUICKLY, BY KEEPING THE TOYS HIDDEN FOR PERIODS OF TIME, YOUR CAT WILL FIND THEM MORE ATTRACTING AND EXCITING.

Hunt for food

Hide some treats around the house for your cat to "hunt" for. Serve every second meal in a puzzle ball or some toilet tubes.

Grow some grass

Cats eat grass to help them cough up hairballs. Buy some in your nearest pet shop or garden center and grow yourself indoors. If proper grass isn't provided your cat might eat other household plants which can be toxic.

Create a lookout point

If you have an indoor cat, it is important to make room for it in your windows. From the windowsill, it can watch its surroundings and the potential wildlife outside.

Going out temporarily

If you let your indoor cat out on the balcony or in your garden, fencing is recommended to keep it safe and avoid dangers. Some cats appreciate being able to go on walks on a harness and leash.

CARE FOR
YOUR CAT



Regular care gives your cat the healthy
and happy life it deserves.

Meal time!



Long gone are the days when one thought that a bowl of milk was enough for a kitten. But a lot of cats are overweight, with too much food and too little exercise being the main reasons.

Avoid over-feeding

When the kitten arrives at your home it is usually very lean and full of energy. Many tend to over-feed their kitten as they fear that it is too skinny.

NOTE!

CONTRARY TO WHAT MANY PEOPLE THINK, COW'S MILK IS NOT SUITABLE FOR KITTENS NOR ADULT CATS.

That is rarely the case, hence kittens are supposed to be lean. Another great factor for overfeeding is treats. Try to be consistent with when and why you award your cat.

Don't change

A sudden change in diet can cause digestive upsets. Get information on your kitten's diet before their arrival and maintain this diet. This includes number of meals per day and whether they were given set amounts or were able to eat when they liked. Your kitten will adapt to the new environment more easily if their food is familiar. If you wish to change the diet, gradually mix the food over a week to avoid digestive stress.

What kind of food?

To ensure optimal growth and development of the brain and immune system, it is important to give your kitten food formulated for kittens. Cat food usually comes in two forms – wet or dry, and they both have benefits. Wet food can help with kidney and bladder health and is also a great way to ensure that your kitten gets enough fluid. Dry food on the other hand is good for your kitten's teeth but is often full of calories. Many choose to combine the two. It can be a real advantage to get your kitten used to both as it will help it later if it gets sick and must go on a special diet. Read closely on the packaging for the right amount or consult your vet.

NOTE!

NEUTERED CATS HAVE A REDUCED METABOLIC RATE AND NEED TO BE SERVED SPECIALLY FORMULATED FOOD.

The Body Condition Score

When it is time for the first vaccine, the veterinarian will weigh your cat and examine their "Body Condition Score". Measured off on a scale with one being too skinny and nine being obese. Ask for a guide on how you can check your kitten's "BCS" regularly.

The veterinarian can also help you monitor your kitten's growth rate which can help prevent your kitten becoming overweight later in life.



FEELING A LITTLE CHUBBY?

Play with your kitten. Exercise is the best way to avoid obesity.

Trimming the claws

Trimming a cat's claws should be done every two weeks. It may not be your kitten's favorite thing to do but it is not that hard. Patience, clipper, and some treats are just what you need.

1. Set the mood by choosing a quiet and comfortable place. Sit your cat in your lap and get it relaxed, for example, you can get it in a dozed state after a meal.

2. Take one of your cat's paws in your hand and gently massage it between your fingers. Give your cat a treat. If your cat pulls its paw away, don't try to hold it. Try again when your cat is still.

NOTE!
IF YOU HAVE AN OUTDOOR CAT, YOU SHOULD NOT TRIM ITS CLAWS. YOUR CAT MIGHT NEED TO CLIMB A TREE TO ESCAPE AND THE CLAWS ARE VITAL IN THOSE CASES.

3. After massaging the paw for a few seconds - gently press its toe pad so that the nail comes out. Give your cat a treat.

4. To make your cat used to the sound of a nail clipper, you can put uncooked spaghetti into the clipper. Next time, cut the spaghetti while holding your cat's paw and pressing the toe pad. Release and give it a treat.

5. "The quick" is the pink part of a cat's nail. This is where the nerves and blood vessels are and is therefore very sensitive. Only the white part of the nail should be trimmed. If you would cut the quick, it is usually no harm. Act like nothing, and your cat will forget it. In case it would start bleeding you can stop it with a cotton ball.

6. Showtime! With your cat in your lap, take a paw in your hand, massage, and gently press the pad until the nail extends. Cut the tip of the nail. If your cat didn't mind the trimming - go for another nail and quickly give a treat.

If he protests, wait until another occasion.

TIP!
TO MAKE SURE YOU CUT A REASONABLE LENGTH OFF YOUR CAT'S NAILS, ASK YOUR VETERINARIAN TO TRIM ONE NAIL TO USE AS A TEMPLATE FOR THE OTHERS.



Taking care of the teeth

Brushing your four-legged friend's teeth now and then is a great way to prevent gum diseases and maintain good dental health. It may be a difficult task though, here's some advice on the way.

When to start?

Start this training as early as possible in the cat's life, preferably when it is a kitten. Since cats may be sensitive to you touching their lips, mouth, and teeth it can take some time. Be patient. Choose a moment when your cat is calm. Start by gently touching its mouth. Give it immediate rewards and affectionate touches. Slowly advance to moving its lips and eventually the gums and teeth. Keep in mind that it will take several occasions until you reach this level.

NOTE!
NEVER USE HUMAN TOOTHPASTE SINCE IT IS POISONOUS FOR CATS, IF YOU WANT TO USE TOOTHPASTE IT SHOULD BE FOR CATS.

Tools

Toothpaste not necessary, it is the actual brushing that does the trick. Start by using a soft cloth or sponge. When your cat is comfortable with this on its teeth, add some veterinary toothpaste or water. Later you will be able to introduce a fingerstall or a soft toothbrush for kids.

How?

At first, focus on your cat's gum line using gentle, circular motions. Concentrate on the outside surfaces of the teeth and under the lips. You do not have to brush the inside of the teeth. Remember to reward the cat throughout the session!

ALWAYS
TAKE IT SLOW, STAY CALM, AND DO NOT FORCE YOUR CAT.



Fur care

Some breeds require more fur care than others. But keeping an eye on your cat's coat have multiple functions.

Cleaning experts

Grooming is one of the most devoted activities for your kitten. They usually start grooming themselves at around 15 days of age and can spend up to 30% of their waking time grooming. This behaviour triggers the production of endorphins, which create positive feelings.

You are needed

Even if cats are very clean animals, you need to keep an eye on their fur, especially if you have a long-haired breed. Avoid tangles by brushing the fur regularly. Brushing is also a great opportunity to make your kitten used to being handled, and to detect wounds or ticks.

NOTE!

NEVER CUT YOUR KITTEN'S WHISKERS. THEY ARE USED FOR COMMUNICATION AND TACTILE EXPLORATION OF THE SURROUNDINGS.



Cleaning the ears

Keeping your cat's ears clean may take some practice. Here's some advice on how to do it:

- 1.** Grasp the tip of their ear flap and gently pull it back to straighten the ear canal.
- 2.** Fill the ear canal with the solution recommended by your vet.
- 3.** Massage the base of the ear for 5-10 seconds to allow the cleaning solution to work.
- 4.** Your cat will probably shake their head to get the solution out.
- 5.** Wrap a dry cotton ball around your finger and gently wipe the excess liquid or debris out of the ear.

NOTE!

KEEP CALM
AND STOP IF
YOUR CAT
PROTESTS.

If your cat is scratching its ears, it may have an infection or mites that need to be treated. A change in the amount of wax can also be a sign of problem. Contact your veterinarian for advice.

Preventing parasites



Fleas, ticks, and worms, not really the upside of being a pet owner. But there are pills, spot-on formula, and spray that provides protection from a range of parasites. Ask your vet for the best option for your friend.

Intestinal worms

The most common intestinal worms in cats are roundworms and tapeworms. A kitten infected with roundworm may suffer from vomiting, diarrhea, and weight loss. The worm, which is two to five cm long, can sometimes be detected in feces or vomit. Roundworm eggs can survive for a very long time in the environment. Adult cats can get roundworms when accidentally ingesting the eggs or rodents carrying roundworm larvae. As roundworms can pose an infection risk to humans, a cat with roundworm infection should be treated.



The tapeworm is primarily infecting outdoor cats since they are transmitted only when the cat eats an intermediate host, usually a rodent. Most cats infected with tapeworms show no symptoms, but parts of the tapeworm, so-called proglottids, can be detected as small grains of rice in the fur around the anus or in the feces.

Kittens are susceptible to intestinal worms passed on from their mother and need to be dewormed their first period in life. An adult cat does not normally need routine deworming, but the cat's lifestyle and possible symptoms determine whether there is a need. If you notice that your cat has stomach- or respiratory problems, you should contact a veterinarian.

NOTE!

ALWAYS USE PRODUCTS INTENDED FOR CATS, NOT DOGS OR OTHER ANIMALS.

The prevalence of different worms varies over the world. For more information about risks in your local area, read here. [LINK](#)

Ticks

Check your cat's skin and fur every day for ticks, even if your cat is mainly indoors. The ticks usually thrive in the head region, behind the ears, and in hidden places such as armpits, groin, and under the tail. Cats are usually unbothered by tick bites, but individuals with sensitive skin may experience itching, redness, and slight swelling around the bite. Small cats that have a large number of ticks can develop anemia.

To reduce the risk of getting ticks, regularly apply tick control products.

Fleas

The cat flea is a bloodsucking egg-hatching creature. The eggs fall into the environment hatching into larvae and developing into new fleas. The flea's saliva contains several irritating or allergenic substances. Globally, flea allergies are one of the most common causes of itching and skin problems. Skin changes with rash and hair loss are usually found on the cat's back, flanks, tail, and area around the anus.

There are different types of fleas. Some disappear on their own while others require treatment. It is a must to clean up the environment as well to avoid the fleas continuing to spread.

NOTE!

YOUR INDOOR CAT NEEDS PROTECTION AS WELL.



**H E A L T H
C H E C K S
A T H O M E**



Here are some easy things to keep track of to help make sure your furry friend is well.



Know the vitals

Get to know your cat's normal vital values when it is healthy, in that way you can easier detect if something is wrong.

Normal body temperature:

38-39°C.

Varies over the day and with age and stress level. Check temperature rectally.

Breathing:

15-30 breaths per minute while resting.

Varies depending of breed, age and activation.

Inhalation and exhalation should be equally easy and effortless.

Pulse:

140-240 beats per minute.

Varies depending on breed, age, and physique. Count the pulse for 15 seconds and take it times four.

Check your cat's pulse at the inside of the thigh, up towards the groin.



Mucous membranes:

Should look fresh pink and feel moist and smooth.

This says a lot about the cat's condition. In case of abnormal appearance, try to judge whether the color is bluish, white, yellowish or bright red.

Contact a veterinarian!

Belly examination:

Examine your cat's belly when he is standing.

Place one hand on each side behind the ribs and press the stomach gently and work your way back. It is supposed to feel soft and not be painful for the cat.

ONE LAST THING

Always keep an eye out for any changed behaviour. Is your cat peeing at least once a day? Is he eating, sleeping, and being active in the same way as usual? Have there been changes in the temper?

*If you notice anything unusual,
don't hesitate to contact your vet!*



*Let's team up
for the good life.*



AniPlan[®] kitten

Give your kitten a good start in life, join AniCura's health programme. With AniPlan you get a yearly bundle of services that make preventive care easy and affordable. Annual health and dental check-ups, vaccinations and personal advice for your kitten's needs are all included.

Sign up for the good life!

Read more about the
AniPlan health programme [here](#).



THE FIRST VET VISIT

It is crucial to schedule a first visit to the vet shortly after bringing your kitten home. Consult your vet regularly for health checks, weight monitoring, deworming, vaccination coverage, and any other questions.

We are here to help!

Find your nearest AniCura clinic.

[SEE LOCATIONS](#)

Before the appointment:

- ▀ Take notes on your kitten's diet and weight.
- ▀ Keep track of any changes in behaviour.
- ▀ Let the cat get familiar with the carrier by leaving it open in the house for the kitten to check out and sleep or play in.
- ▀ Get the kitten used to being handled by training it to be lifted, gently pressing their paws, and touching their lips and teeth.



ID tag your cat

Maybe you have already received documents that your cat has been properly vaccinated and microchipped. If not, a visit to the vet is essential. We strongly recommend that you microchip or in other ways ID tag your cat.

Microchip

Microchipping is a permanent and safe way to make your cat identifiable and can mean the difference between a found cat and a forever-lost cat. The small and easy procedure of microchipping your cat is a simple and important investment.

It is also important in case there's a legal matter and the cat's ownership is questioned. A microchip makes it hard for somebody else to claim your cat. Or on sad occasions, when a cat is hit by a car or found deceased, the owner can be contacted. It may be heartbreaking – but it's probably better to know what happened to your beloved friend.

NOTE!

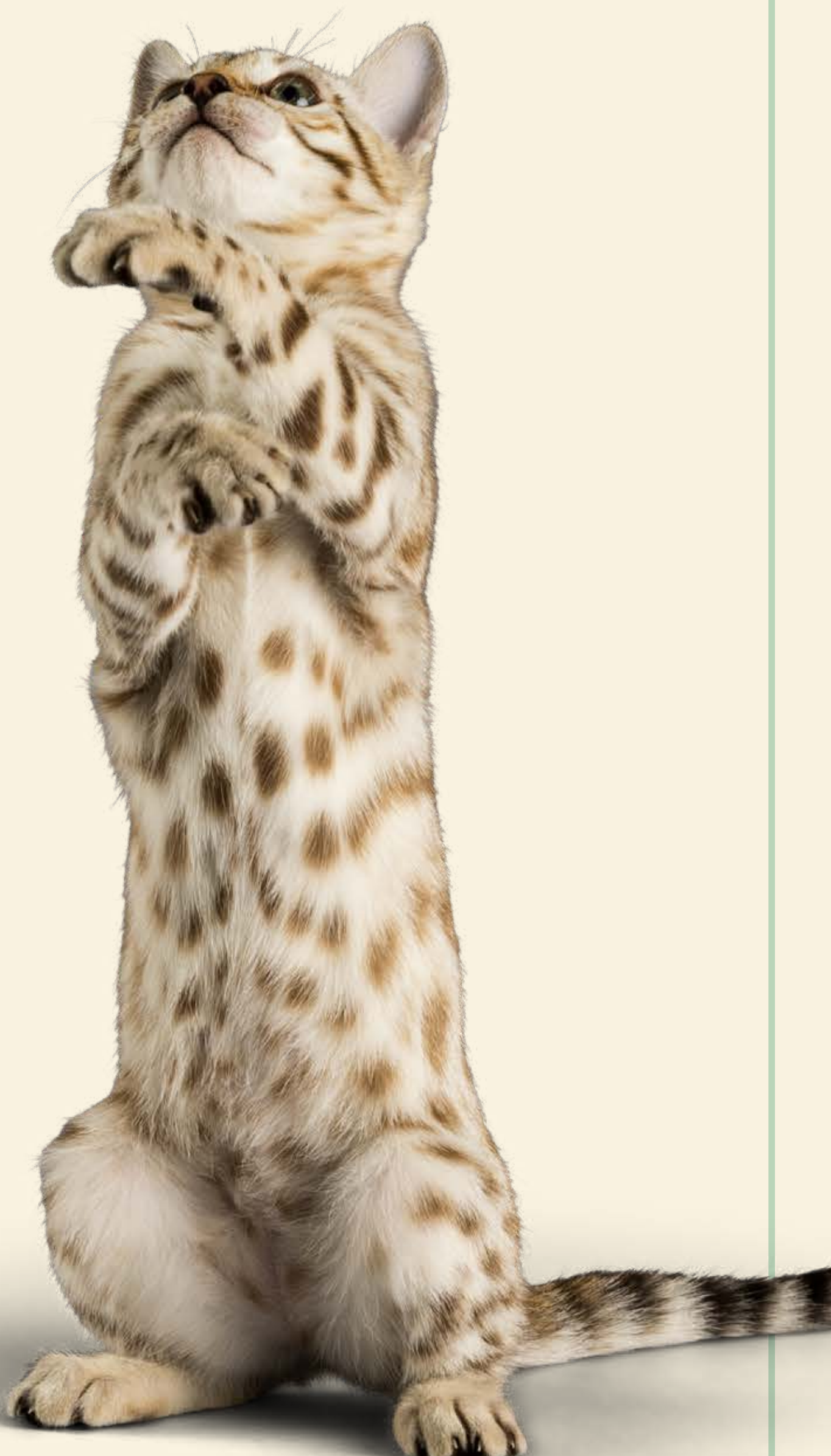
A COLLAR WITH A TAG IS REMOVABLE AND SHOULD ONLY BE USED AS A COMPLEMENT.

How it's done

A veterinarian (or other animal care professional) puts a tiny implant, the size of a rice grain, under your cat's skin. Usually in the neck. The chip contains a unique number that's linked to a database. In that central database, which usually works nationally, vet clinics and shelters can access the owner's registered contact information. Make sure to keep the information up to date.

At what age?

Most cats can be microchipped at 10–12 weeks of age, but this varies depending on the breed and size. It doesn't matter if your cat is a kitten or an adult, it's never too late to have it microchipped. Most cat owners will take the opportunity to microchip their cats at the same time as a vaccination.



Why vaccine?

Vaccines will help to protect your cat from infectious diseases caused by viruses. Just as for us humans, vaccinations are not only positive for the individual cat – it also helps to prevent diseases in the whole community.

Some of the vaccines will keep your cat from becoming ill, and some of the vaccines will protect your from serious illness if he gets sick. Vaccination also helps to protect people from diseases that can be transmitted to us from cats, such as rabies. When vaccinated, your cat can visit places where other cats are, such as the vet or a cattery.

Indoor cats

Indoor cats also need regular vaccinations. They may not be as exposed as outdoor cats but can be in situations where they are, like people coming from outside carrying viruses on clothes or hands.

What and when?

At the very beginning of kittens' life, they get protected from diseases and infections through nursing. The mother's milk contains all the necessary antibodies that the kittens need. By time kittens will start developing their own immune system. Then kittens are given a series of vaccinations that will help to prevent diseases.

To make sure your cat gets the necessary vaccines, you should consult your veterinarian. Depending on health status, age, lifestyle, and what diseases are common in your area – your veterinarian will evaluate the needs of your cat and set up a customized plan for re-vaccination.



Core vaccines for cats will protect them from FCV (Feline Calicivirus), FHV-1 (Feline Herpesvirus), and FPV (Feline Panleukopenia Virus). Rabies is another disease that cats in Europe must be routinely vaccinated against.

Risks

Mild symptoms such as fever, poor appetite, or fatigue are not uncommon. If the symptoms are short-lived and mild, there is nothing to worry about. Serious side effects, such as vomiting, diarrhea, facial swelling, and difficulty of breathing are very rare. Contact your vet if worried.



The importance of castration

The overpopulation of homeless cats is a big problem in many countries. By neutering your cat, you will both prevent more stray cats and get a calmer and healthier feline. If you are not planning on using the cat for breeding, you will do both your cat and yourself a favour by having it neutered.

Why?

During mating season, both female and male cats show some behaviour that is not always great fun for their owners. Loud noises and screams, restlessness, roaming for longer periods, indoor and outdoor urine marking, fighting and food refusal are a few of them. Besides helping to limit the number of unwanted

kittens that are born into a hard life full of diseases, accidents, and lack of food, neutering will give you a cat that is calmer, less stressed, and with a lower risk of diseases.

NOTE!

CASTRATED CATS HAVE AN INCREASED RISK OF OBESITY AS THEIR METABOLISM DECREASES BY ABOUT 30 %.

BE OBSERVANT AND FEED YOUR CAT FOOD FOR NEUTERED CATS.

The procedure

Castration can be done from around four months of age, consult your vet what is suitable for your kitten.

For male cats, the castration procedure is less complicated than for females. Their testicles are removed via two small incisions. The wounds often heal in less than a week. In female castration, the feline's ovaries and often their uterus are removed. This is normally done through an incision in the belly. After the surgery, the wound is closed with a couple of stitches. Both males and females need to wear a cone while healing to prevent them from licking their wounds and starting an infection. They need to be kept inside for a week or so. Keep an eye on the wound to make sure it is healing nicely.

The benefits

Castration reduces the male cat's testosterone-driven behaviour such as urine spraying, roaming, and getting into fights. And, of course, no risk of producing new kittens. Studies have shown that neutered males are less likely to contract life-limiting diseases like Feline Leukaemia Virus (FeLV) and Feline Aids Virus (FIV).

For females, one of the greatest benefits is birth control, as one unneutered female can be responsible for thousands of new cats in her lifetime. Since your cat won't go into heat season, you do not have to worry about any loud calling for males every other week. There are also several health benefits, such as a reduced risk of mammary, uterine cancer, and sexually transmitted diseases.

**FIRST AID
CAN SAVE
LIVES!**



If you have the opportunity to give first aid to your cat in a crisis, you can both save its life and prevent injuries.

Help your friend

Anyone can provide first aid, but you should get the cat to the veterinary clinic as soon as possible to get professional help.

When transporting your cat to the vet:

- Make sure the cat is kept warm, animals in shock quickly have a low body temperature.
- Call the vet and prepare them for the fact that you are on your way!
- Put all important telephone numbers in your phone, so that you can quickly get help if it is urgent.

Wounds, bites, and bleeding

Wounds that do not bleed should be cleaned with a saline solution. In case of heavy bleeding, apply a pressure bandage. If it bleeds through the bandage, you put a new one over. Bite injuries may look minor but can turn out to be more serious than first thought.



Poisoning

Try to find out what the cat has ingested, when this happened, in what quantity, and possibly the strength of the substance. Contact a veterinarian to receive advice and guidance. Do not attempt to make the cat vomit on your own.

Viper bite

Keep the animal calm and see a veterinarian immediately. Do not attempt to suck out the venom, cut off the blood circulation, or cool the bite site.

Heat stroke

Symptoms:

- Staggering
- Confusion
- Increased body temperature.

Do:

- Offer water
- Cool down the body with cool water
- Keep the animal calm
- Always consult a veterinarian. Internal organs may be damaged.



The danger of a hot car

If the cat is left sitting in the car in the sun, the temperature quickly reaches life-threatening heights.

Time	Outside	Shadow/Sun	In the car
08.30	22°C	Sun	23°C
09.30	22°C	Sun	38°C
10.30	25°C	Sun	47°C
11.30	26°C	Sun	50°C
12.30	27°C	Sun	52°C
13.30	27°C	Sun	52°C

Suffocation - shortness of breath.

If something is stuck in the throat, it can often be loosened by pressing the tongue down and pulling the object out by hand. Watch your fingers and be careful not to push the object further down!



**50% off
vaccination**

Keep your kitten safe! We offer you a 50 % discount on your kitten's first vaccination.

10 % off in our shop

Food, toys, and equipment for your kitten! This voucher gives you a 10 % discount in an AniCura shop.





Welcome home!

We would like to treat your kitten with a set of bowls and Royal Canin Kitten food (400g). Show this voucher in an AniCura shop.

Got more questions? Ask our veterinarians!

Find your nearest AniCura clinic.

SEE LOCATIONS

