



Is My Cat OK?

Cats hide pain — it's how they stay safe in the wild. Small changes are the whole story.



- Lives 12–18 years
- Scoop the box daily
- Scratching is not optional
- Vet check every year

♥ This looks healthy

What a well cat looks like day to day.

- ✓ Clear, bright eyes with little or no tearing
- ✓ Clean nostrils, and clean ears with no gunk
- ✓ Mouth and gums pink and moist
- ✓ Coat glossy — no bare patches or dandruff
- ✓ Not too thin, and no pot belly
- ✓ Moving easily and jumping to their usual spots
- ✓ Using the litter box as normal
- ✓ Friendly, playful, comfortable with people

☎ Tell a grown-up — call the vet

Any of these means a vet should take a look.

- ! Hiding more than usual, or gone withdrawn or grumpy
- ! Sitting hunched up, or not jumping to their usual spots
- ! Eating or drinking more — or less — than normal
- ! Coat gone messy, greasy or matted
- ! Sneezing or coughing over and over
- ! Being sick, diarrhoea, or small hard dry poops
- ! Losing weight, or runny eyes and nose

Book a vet visit as soon as you can if your cat just doesn't seem right to you.

🚨 Go now — this is an emergency

- ◆ Going in and out of the litter box, straining, and little or no pee — in a boy cat this is a true emergency
- ◆ Trouble breathing, or breathing with the mouth open / panting
- ◆ Collapse
- ◆ Hasn't eaten properly for 24 hours
- ◆ Gums, skin or eyes that look pale, white, blue or yellow
- ◆ Ate any part of a lily — even the pollen or the vase water

🔍 Before you call: write this down for the vet

- | | |
|----------------------------|--------------------------------|
| What did you notice? | When did it start? |
| Eating normally? | Drinking normally? |
| Poop and pee normal? | Anything else different? |

☎ Put your vet's number here before you need it

- | | | | |
|---------------|-------------|---------------------|-------------|
| Our vet | Phone | Emergency vet | Phone |
|---------------|-------------|---------------------|-------------|

☠ If your pet has eaten something they shouldn't have, a grown-up can call the ASPCA Animal Poison Control Center on (888) 426-4435, any hour of any day. A consultation fee may apply.