



Basic Health Check

Monitor your pet's health daily by checking their eating habits, feces, and general attitude. Signs of a problem include not eating, not drinking, vomiting, diarrhea, coughing or difficulty breathing, lethargy, etc. The most important thing you can do is monitor your pet's normal condition and check for signs that there is something wrong. If, for example, you have a dog who usually loves to play and he suddenly has no energy, this could be a sign of a problem.

You can also check your pet's TPR—Temperature, Pulse, Respiration. The normal TPR depends on the size and age of your pet.

How to check vital signs

- Use a rectal, thermometer; newer human digital thermometers are best; **DO NOT USE** an oral thermometer
- Heart rate can be checked by placing a hand over the animal's chest
- Respiration can be measured by observing the flanks or by holding a wet finger in front of the nostrils
- Make sure your pet is calm and resting in order to get normal rates. Measure both heart and respiration rate for 15 seconds, and then multiply by four to get the rate per minute

Normal TPR for Dogs

- Normal temperature: 100.5°— 102.8°F
- Normal breathing rate: 10–30 breaths per minute
- Normal heart rate: **small dogs** (< 30 lbs) 100–160 beats per minute (bpm); **medium to large dogs** (> 30 lbs) 60–100 bpm; **puppies up to 1 year** 120 – 160 bpm

Normal TPR for Cats

- Normal temperature: 100.5°– 102.5°F
- Normal breathing rate: 20–30 breaths per minute
- Normal heart rate: 160–220 bpm