



## Dog Food

Dogs need special food depending on their sizes, ages, and sometimes the specific breed. Wet food contains more protein and fewer preservatives, but may be harder to keep over long periods of time, and usually costs more.

Dry kibble has a long shelf life and is economical, but has more grains and carbs than protein, and can be harder for older dogs to chew.

It all comes down to what works best for each individual dog.

## Dog Food Transition

It takes about a week for a dog to become accustomed to a new food without negative impact on gastrointestinal functions.

Experts recommend that dog owners mix in the new food with the old food in increasing amounts over a one week period. The first two days should have about 25% of the new food introduced, the next two 50%, the next two 75%, and on the 7<sup>th</sup> day the food should be 100% the new type.

<http://www.hillspet.com/dog-care/how-do-i-switch-or-transition-foods-for-my-dog.html>

## Top People Foods You Can Feed Your Dog

- Peanut butter
- Cooked chicken
- Cheese (cottage cheese is recommended)
- Baby carrots
- Yogurt
- Salmon
- Pumpkin
- Cooked eggs
- Green beans
- Apple slices
- Oatmeal

## Top People Foods You Can't Feed Your Dog

- Chocolate
- Onions
- Grapes
- Raisins
- Yeast dough
- Artificial sweeteners
- Macadamia nuts
- Avocadoes
- Alcohol
- Coffee

<http://www.cesarsway.com/dog-care/dog-nutrition/Dog-Approved-People-Food>

## Trains, Planes, and Automobiles

### Traveling by Train with Pets

Traveling by train is often a more economical alternative than flying, especially if you are traveling with pets. Train travel is generally less stressful for pets than flying since they can usually sit with or near you, rather than in the cargo hold. However, not all trains permit pets.

### Traveling by Plane with Pets

Don't bring pets on planes unless absolutely necessary. Dogs with brachycephalic (pushed in) faces are extremely susceptible to oxygen deprivation and heat stroke.

If your pet must fly with you, see if the cabin is an option. Many airlines allow small dogs in the cabin for a fee.

Risks of flying your pet in the cargo hold include poor ventilation, extreme temperatures, and rough handling.

*If you decide to fly your pet in cargo:*

- Use direct flights.
- Always travel on the same flight as your pet.
- Notify the captain and/or flight attendant that your pet is in the cargo hold.
- Avoid bringing your pet during heavy travel seasons.
- Choose flights that will accommodate the temperature extremes. Early morning or late evening flights are best in summer; afternoon flights are best in winter.
- Put a collar on your pet that cannot become entangled in the pet carrier.
- Make sure your pet's nails are clipped.
- Make sure your pet is familiar with the travel carrier.
- Unless prescribed, don't give your pet tranquilizers.
- Don't feed your pet for 4 to 6 hours prior to your trip.
- Carry a current picture of your pet.

### Traveling by Automobile with Pets

- Pet carriers should be secure and well ventilated. They should be large enough for a pet to sit, stand, lie down, and turn around.
- Do not feed pets in a moving vehicle, as this can upset their stomachs.
- Bring bottled water.
- Dogs shouldn't roam in the car.
- Dog harnesses with seatbelts save lives. In a car accident, an unrestrained dog can be thrown from the car, thrown into adults, children, and babies, or run from the car into traffic when help arrives and opens a door.
- Leave the front seat for humans.
- Keep those heads inside!
- Give your pet plenty of rest stops.
- Bring along a human buddy.
- **Don't ever leave your pet alone in a car.** Leaving pets in cars is risky, as an unexpected delay in returning, unanticipated changes in weather, and other unpredictable events may lead to death. Hot weather is most dangerous because dogs cannot perspire, and they dehydrate rapidly due to excessive panting as they try to cool down.



## Poison Proof Your Home

In addition to toxic plants and foods, pets can become sick if they consume:

- human medication
- antifreeze or other melting agents
- poison intended for vermin

Pets can be poisoned by bites or stings by:

- snakes
- spiders
- scorpions
- bees
- wasps

Monitor your pet's environment and avoid these hazards.

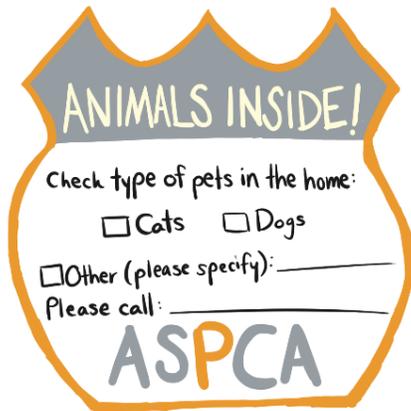


## Toxic Plants

Do not allow your dog to eat any of the toxic plants listed below. If your dog eats something toxic, call Pet Poison Helpline (855) 764-7661, or visit your veterinarian immediately (after calling ahead). Some plants, like nightshade and raw rhubarb, are similarly toxic to humans.

- House Plants: Castor Bean, Daffodil, Dieffenbachia, Elephant Ear, Hyacinth, Narcissus, Oleander, Poinsettias, Rosary Pea
- Flower Garden Plants: Autumn Crocus, Bleeding Heart, Foxglove, Iris, Larkspur, Lily-of-the-Valley, Monkshood, Star of Bethlehem
- Vegetable Garden Plants: Rhubarb
- Swamp / Damp Area Plants: Water Hemlock
- Field Plants: Buttercup, Jimson Weed, Nightshade, Poison Hemlock
- Trees / Shrubs: Black Locust, Elderberry, Oak Tree, Wild / Cultivated Cherries
- Wooded Area Plants: Jack-in-the-Pulpit, Mayapple, Mistletoe, Moonseed
- Ornamental Plants: Azalea, Daphne, Golden Chain, Jasmine, Lantana Camara (Red Sage type), Laurels, Rhododendrons, Wisteria, Yew

<http://www.ansci.cornell.edu/plants/dogs/>



## Pets and Disaster Safety Tips

*Each year, 40,000 pets are killed in house fires. The following are steps that you can take to protect your pets and your property in the event of a fire in your home.*

Get a pet rescue alert sticker and place it in a front window. These can be obtained from the ASPCA free of charge. They can also be purchased online and in pet stores. These stickers inform rescue personnel that there are pets inside your home. In an emergency, if you are able to evacuate your pet and you have time, write "EVACUATED" across the sticker.

Make sure there's a place for your pet to stay in the event of evacuation. Check out boarding kennels, animal shelters, hotels, or ask friends and relatives.

Packing a travel kit of emergency pet supplies is advised. The ASPCA has a list of items on their website under Disaster Preparedness (see link below).

Designate a short-term caregiver for your pet in case you can't get home. This person should have keys to your house. Also designate a long-term caregiver in case something happens that affects your ability to look after your pet.

Prepare in advance for evacuation. Store emergency kits and leashes near exits. Pet collars and tags should bear your pet's name, address and phone number. Consider having microchips implanted in your pets, in case they get lost without a form of ID. Bring pets indoors at the first sign of a storm or potential disaster.

Have your heating system inspected every fall. Carbon monoxide poisoning is a silent killer responsible for over 400 human deaths and 20,000 trips to the emergency room each year.

<http://www.aspca.org/pet-care/disaster-preparedness>

## Some Pet-Friendly Hotels In and Around Fairfax County

- **Candlewood Suites:** Alexandria / Fort Belvoir, Fairfax, Herndon / Dulles, Manassas, Sterling / Dulles
- **Comfort Inn:** Fairfax / University Center, Herndon / Dulles, Lorton, Springfield, Tysons Corner
- **Extended Stay America:** Centreville, Chantilly, Fair Oaks, Fairfax, Falls Church, Herndon / Dulles, Springfield, Tysons Corner
- **Hampton Inn:** Chantilly / Dulles, Springfield
- **Homewood Suites by Hilton:** Falls Church, Springfield, Woodbridge
- **Hyatt:** Fairfax / Fair Lakes
- **Hyatt House:** Falls Church / Merrifield, Herndon
- **Residence Inn:** Chantilly / Dulles, Fair Lakes, Fairfax, Falls Church, Herndon / Reston, Springfield, Tysons Corner
- **Sheraton Hotel:** Herndon / Dulles, Reston, Tysons
- **TownePlace Suites:** Chantilly / Dulles, Falls Church, Springfield

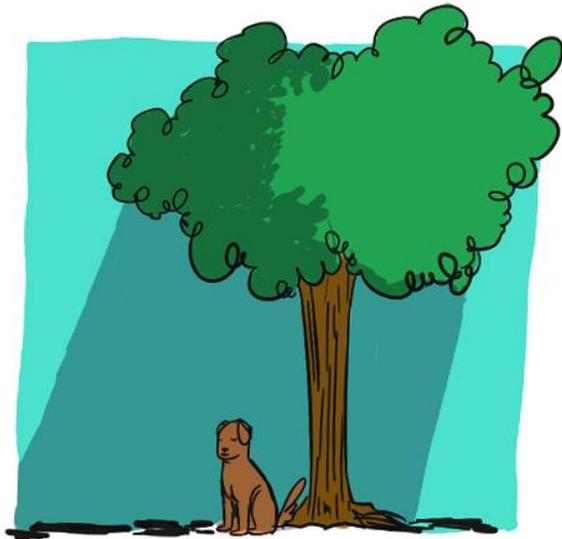
## Summer Fun Safety Tips for Your Pet

### Prevent Pet Overexertion

On hot days keep walks to a gentle pace and make sure pets drink plenty of water. Watch for signs of overexertion such as excessive panting, drooling, weakness or brick red gums.

### Provide Plenty of Water

Indoors or out, your pet needs access to lots of fresh water at all times. Ice cubes in the water bowl can help keep the water cool for longer periods of time. Bring plenty of water with you if you venture out with your pet.



### Watch Out for Heatstroke

#### Heatstroke is a medical emergency!

Symptoms of heatstroke include:

- Exaggerated panting
- Brick red gums
- Rapid heartbeat
- Unresponsive to commands and surroundings
- High fever
- Vomiting
- Collapse
- Staring / anxious expression
- Warm / dry skin

If you suspect your pet has heatstroke, bring your pet to your vet **immediately**, as permanent organ damage can occur. To help lower your pet's body temperature apply towels soaked in cool water to the hairless areas of the pet's body and feet (not ice water). Place the pet's face near a fan if possible.

### Bring Your Pet Inside

Pets should not be left outside unsupervised on hot days, even in the shade. Dark pets, brachycephalic pets, and overweight pets are prone to overheating.

### Sunscreen is Good for Your Pet Too

Pets can get sunburned, particularly if they have pink skin and light hair. Sunburns can be very painful, cause peeling and even skin cancer. Ask your vet what sunscreen is safe to put on around the nose and ears.

### Head Over the Side is a Dangerous Ride

It is extremely dangerous to allow a pet to ride loose in the bed of a truck. An unexpected stop or sudden turn could easily result in a deadly fall out of the vehicle or serious injury.

Another unsafe practice is allowing a pet to travel with their head out the window. There is risk of irritation to the eyes, as well as injury from flying objects such as rocks and debris.

### NEVER Leave Your Pet in Your Vehicle

While it may seem cool outside, even with your windows rolled down and your car parked in the shade, the sun can raise the temperature inside your car to dangerous levels in a matter of minutes. On an 83-degree day, the temperature inside your car can reach 102 degrees in 10 minutes, and 120 degrees in 30 minutes. Leave your pet at home where it's cool and safe.

## Winter Fun Safety Tips for Your Pet



### **Don't Forget a Sweater**

Most dogs, especially those with shorter fur and tummies that are low to the ground, are susceptible to frostbite and hypothermia if not properly protected. Outfit your dog with a waterproof jacket or coat for days when rain, sleet or snow is expected, and a sweater when you don't have to worry about your pooch getting wet.

### **Keep Dogs Indoors When Possible**

The best way to keep pets safe from winter weather is to keep them indoors most of the time. If you leave your pets inside during the day, keep them in a safe room in the house. While you're out, turn on the radio or TV for background noise to keep them calm.

### **Take Shorter Walks**

Limit your outside time to 10 minutes, or just enough time for your dog to do its business. Canines with lung conditions can suffer damage by breathing in the cold air. Also, if your dog is older and suffers from arthritis, the cold air can make its joints stiff and sore.

### **Be Mindful of the Fireplace**

Prevent singed fur and painful burns by keeping a screen over the fireplace, ideally one or two feet from the fire. If you use a portable heater, be sure to monitor your animals when it's in use, or keep it in a room your dog can't access.

### **Watch Out for Frostbite**

A dog's ears, nose, tail and toes are especially vulnerable when the temperature drops. If you suspect your dog is frostbitten, move it to a warm place quickly, and wrap it in blankets. Do not put your dog in hot water or rub the affected area, as you can make the damage worse. Take the dog to the vet immediately (after calling ahead).

### **Adjust to Winter Feeding**

Colder weather means your dog's body is working harder to keep warm, especially for dogs spending a lot of time outside. Increase the amount of food you feed your cold-weather dog by 25 to 50 percent. However, if your pooch stays indoors more when it's cold, you may need to reduce its food.

### **Protect Delicate Footpads**

Your dog's footpads are vulnerable to cold, as well as salt and other melting agents on the ground. Always wipe off your dog's feet after coming inside. Clear snow from between your dog's toes and examine the pads for injuries. Avoid using salt-based melting agents on your property, which can irritate your dog's footpads. If your dog will comply, use booties.

### **Look Out for Antifreeze**

Antifreeze can look, smell, and taste quite enticing to animals. It has a sweet taste, but it's deadly when ingested. The Humane Society advises that just a few tablespoons of highly toxic antifreeze can jeopardize an animal's life. To prevent this, mop up any antifreeze spills in your home, and keep the bottle out of reach.

### **Provide Shelter**

If you must leave your dog outdoors in winter, be sure to provide a safe, warm shelter, like a doghouse. Add blankets and padding to make it cozier, and be sure that the roof does not leak.

### **Stay Dry**

Your dog's body temperature will drop significantly if its fur is wet, so it's crucial to keep it dry. Keep plenty of towels handy to dry off your dog after excursions in the snow.

## Collars & Leashes

Your veterinarian is a good source of guidance about your dog's collar and leash because the best combination depends on the size of the dog and the strength of the owner.

### Collar Basics

- Metal choke collars risk damage to the trachea.
- Buckle collars are good for attaching dog ID, but they too can damage the trachea.
- Pinch collars, which have inner prongs, are the most humane collar for a powerful dog. They have an auto-stop and will not choke the dog.
- Harness collars are good for rambunctious dogs, and dogs with delicate necks, such as dachshunds, beagles, and Chihuahuas.
- Head collars are similar to a horse's halter. They prevent a dog from pulling hard, and tend to turn a dog's head toward the owner, which helps the pooch focus on its owner's commands.
- GPS collars can help locate a lost dog.
- Training for collar sizing and use helps owners avoid problems.



### The Right Leash

- A good basic leash is 6 feet long, made of materials that are strong enough for the specific dog, and comfortable in the hand, so the owner can hold on if the dog pulls hard.
- Chain leashes may be inexpensive, but they make noise that can distract dogs and people.
- Retractable leashes do not provide enough control, and the dog may run into traffic, jump on people, or get into problems with other pets. The line may break or entangle the owner's hand, which can lead to serious injuries.