

MeowPlanet Emergency Preparedness Checklist

Keep this list somewhere accessible â a phone note, printed on the fridge, or both.

Emergency Contacts to Have Ready

- Your regular veterinarian's phone number and address
- Nearest 24/7 emergency animal hospital: name, address, phone (find one at meowplanet.org/cat-vet-directory.php, filter by 24/7)
- A backup emergency clinic, in case the first is unavailable
- Animal poison control number for your country

Emergency Signs â Seek Care Immediately

- Difficulty breathing, open-mouth breathing, or gasping
- Pale, blue, white, or grey gums
- Seizure, collapse, or unresponsiveness
- Straining to urinate with no urine produced (especially male cats â this can be fatal within 24-48 hours)
- Suspected trauma (hit by car, fall) even if the cat seems okay afterward
- Severe or uncontrolled bleeding
- Known or suspected ingestion of a toxic plant, food, or chemical
- A hard, painful, or distended abdomen
- Inability to stand or walk normally

A Basic Pet First Aid Kit

- Gauze pads and self-adhesive bandage wrap
- Digital thermometer (normal cat temperature: 100.5-102.5°F / 38-39.2°C)
- A well-fitting carrier, kept accessible, not buried in storage
- A towel or blanket for restraint and warmth
- Your vet's and the emergency clinic's contact info, printed and in the kit itself

Before You Travel

- Confirm who's caring for your cat, and leave them this checklist plus your vet's contact info
- Make sure microchip contact details are current
- Leave a note of any medications, dosages, and schedule

This checklist is general educational guidance and does not replace instructions from your own veterinarian. In

any active emergency, contact a veterinarian or emergency animal hospital immediately rather than relying on this list alone.