

COMMON SENSE NUMBERS & ITEMS THAT YOU CAN USE

1 kilogram (kg) = 2.2 pounds

....if you want to rough it, make a kilogram equal to 2 pounds, i.e. a 20 pound dog = 10 kg. (rather than 9.09 kg.)...it will do in a pinch.

1 Milliliter (ml) approx = 1 cubic centimeter (cc). These terms are used interchangeably.

- **5 ml = 1 teaspoon**
- **3 teaspoons = 1 tablespoon**
- **15 ml = 1 tablespoon**
- **2 tablespoons = 1 ounce (oz.)**
- **30 ml = 1 oz.**
- **Therefore, 1 oz. = 6 teaspoons**

- **1 cup = 8 ounces**
- **240 ml = 8 oz.**
- **2 cups = 1 pint (pt)**
- **2 pints = 1 quart (qt)**
- **1 quart is approximately = to 1 liter or 1000 ml.**

1 grain = 65 mg., therefore a normal **5 grain aspirin tablet is equal to 325 mg.**

A baby aspirin or low-dose adult aspirin is 1 ¼ grain or approx. 81mg; it takes 4 baby aspirins to equal 1 adult aspirin.

A dog and cat's normal **rectal body temperature** ranges from **101.0 degrees Fahrenheit – 102.5 degrees Fahrenheit.** This normal range may vary depending on the dog or cat's activities and the environmental temperature (there are many 'normal and healthy' dogs that have a 103.0 +/- degree Fahrenheit temperature due to excitement and hot days). **ALL DOGS HAVE A TEMPERATURE, NOT ALL DOGS HAVE A FEVER!** A low rectal body temperature (< 100 degrees Fahrenheit) means several things: 1) the thermometer was either not in long enough, 2) not far enough in the rectum, or 3) your dog or cat is sick. With either very high body temperature or low body temperature, be sure to recheck in a few minutes. Use lubrication on your thermometer prior to inserting, adequate help in restraint, and gentle, persistent pressure when inserting the thermometer.

Respiratory rate of healthy, resting dog: (young) 20 – 22 breaths/minute and for old dogs 14 –16 breaths/minute.

Heart rate of healthy, resting dog: Young dog: 110-120 beats/minute; Dog of large breed, adult: 60 – 80 beats/minute; Dog of small breed, adult: 80 – 120 beats/minute.

HELPFUL ITEMS TO HAVE AROUND

- Gauze sponges to clean wounds and make bandage dressings
- Rubber bulb ear syringes to flush out debris from wounds and collect samples when needed
- Blankets can be used for restraint, warmth to avoid shock, and as a stretcher
- Tweezers are helpful to pull debris out of wounds and getting things out of the mouth
- Ziplock bags are great for collecting samples, keeping feet dry for wounds on the foot, and they can also be used to make an ice compress by mixing approximately 1 to 1 mix of water and Isopropyl alcohol, place in Ziplock bag, seal and then freeze overnight. Will create an icy slush that will conform to body parts that need treatment. To avoid ice burn, place thin cloth between compress and part.
- Muzzle for use when confronted with an injured and painful dog.
- Heavy bath towel are great for restraining angry cats and small dogs
- Softer bar of soap to help stop bleeding when cutting toe nails of your pet and getting into the quick of the nail
- Splints can be created with a rolled up newspaper, branches, boards, Popsicle sticks, and any other straight and hard object. Use Ace bandage along with these for temporary splint