

## Hypothermia



**1**

Check if your cat is breathing. If not breathing, begin artificial respiration by closing your cat's mouth with one hand and gently breathe into your cat's nostrils.



**2**

Administer 10-20 breaths per minute for cats. With each breath, one should see the chest slightly rise. Avoid breathing too hard or over-inflating the lungs.



**3**

Keep breathing for your cat until he/she is able to breathe on its own or until veterinary help is available.



**4**

Take your cat inside and warm her up inside your clothing to share your body heat.



**5**

Use a rectal thermometer to take her temperature every 10-15 min to see how she is recovering.



**6**

Dry her fur with towels or a hair dryer.



**7**

Place a towel or blanket in a dryer and then loosely wrap her in it until the shivering stops



**8**

If there are frost bitten areas on your pet, apply luke warm compresses to the affected areas.



**9**

Provide her some warm water or warm chicken broth in a bowl to drink.



**10**

Continue the rewarming process until her temp is back to 99 F then she will gradually warm herself back.



**11**

If the temp does not rise within 30-45 of rewarming take her to the emergency vet clinic immediately



Make sure the hair dryer is a foot away and set on low heat and you move the dryer around to avoid burning a specific area of skin



DO NOT soak her in warm water as that will cause her to remove heat



If your cat has hypothermia once there is a greater chance of getting it again



DO NOT rub the frostbitten areas. Instead, place the lukewarm cloth gently on the affected frostbitten areas only



Cats recover from mild hypothermia quickly



Shivering is a good sign as it means the body is trying to rewarm itself



Normal body temperature for a cat is 100 F - 103.1 F