

# INFORMATION ABOUT WHATS GOING ON

COVID-19 is changing a lot of aspects of all our lives right now. Not only are resources scarce and activities restricted for us humans, but for our pets to!

Although there is no need to worry about our pets getting sick because they cannot catch this virus, there are still a number of things we can do to make sure they are happy and healthy while we are stuck at home!



## ADDITIONAL RESOURCES:

- Resource on what human food we have at home that is safe for our pets:
  - <https://www.akc.org/expert-advice/nutrition/human-foods-dogs-can-and-cant-eat/>
- Meal service delivery is always an option if your local pet store closes:
  - [www.Thefarmersdog.com](http://www.Thefarmersdog.com)
  - [www.chewy.com](http://www.chewy.com)
  - [www.petco.com](http://www.petco.com)
- More pet food we can make at home:
  - <https://www.caninejournal.com/homemade-dog-food-recipes/>
- Facebook group with considerations to the current pandemic and how it affects your pet:
  - <https://www.facebook.com/Animal-Pet-Support-Group-208795062545472/>
- Online veterinary service for any question pertaining to your pet's health:
  - <https://www.justanswer.com/pet>



## How to Care for us During Quarantine



Alyssa Ouellette Amber Severin

# GROOMING

Many of us are used to taking our pets to the groomer, but with all of the nonessential business shutdowns, here are a couple of things we can do at home even if we don't have the typical supplies on hand:

## Teeth brushing:

If you don't have a pet safe toothpaste at home, use the following recipe to make one!  
¼ cup coconut oil, 3 Tbs baking soda, ½ Tsp fine sea salt, ½ Tsp cinnamon, (optional for taste 1/2 teaspoon meat bullion)

## Nail trimming:

If you don't own a dog nail clipper at home- don't worry! Any standard glass or metal nail file will do the trick in the mean time!

## Bathing:

Animals have a different PH balance than us humans, and require different shampoos. While human shampoo is too rough on their skin, here is a simple dog safe shampoo you can make at home: 2 cups of warm water + ¼ cups dish soap + ½ cup white vinegar. Wash and make sure to avoid their eyes!



# FEEDING

With more time being spent at home and less access to pet stores, it is important to remember what foods are appropriate to feed your pets.

**Here is an example of what human food we might have at home that are pet safe (more info on back of brochure):**

**Good:** bread, cashews, cheese, coconut, corn, eggs, fish, ham, honey

**Bad:** almonds, chocolate, cinnamon, ice cream, garlic

**Here is an example of a very easy, healthy pet recipe to make at home (more are listed on the back):** 6 cups water, 1-pound ground turkey, 2 cups brown rice, 1 Tsp rosemary, 16 oz frozen broccoli, carrots, and cauliflower



# PHYSICAL ACTIVITY

Regular exercise is very important for both you and your pet and is something that you can do together in order to fill your day with fun that promotes strong bones, joints and increases overall well-being. Here is a list of activities that can be done indoors and outdoors with your furry friend;

**Indoor:** obstacle courses, tug-of-war, fetch, scavenger hunts with their favorite toys.

**Outdoor:** catch with a ball, go for a run/walk, bike riding, hiking, attending local dog parks.

Below is a wonderful resource that helps you to locate dog parks in your area- just be sure to maintain a safe distance from others!

<https://www.nylabone.com/about-us/dog-park-finder>

