



## 7 Pet Health Tips

Read the tips below to learn how you can help your pets live a long and healthy life.

**Tip #1:** Take your pet to the vet 1 to 2 times each year.

**Tip #2:** Spay or neuter your pet.

**Tip #3:** Talk to your vet each year about issues that can affect your pet’s health such as fleas, ticks, internal parasites, and secondhand smoke.

**Tip #4:** Prevent diseases that spread from infected animals to people.

**Tip #5:** Make sure your pet gets the right vaccines each year.

**Tip #6:** Get your pet licensed.

**Tip #7:** Train your pet.

## Vaccinations for Dogs and Cats

### Rabies: DOGS & CATS

All ages  
1<sup>st</sup>: Age 12 weeks or older  
2<sup>nd</sup>: 12 months later  
Boosters: Every 3 years

### Distemper-Parvo Combo (DHPP): DOGS

Puppies  
1<sup>st</sup>: Age 6-8 weeks  
2<sup>nd</sup>: 3-4 weeks later  
3<sup>rd</sup>: 3-4 weeks later  
4<sup>th</sup>: 12 months later  
Booster: Every 1-3 yrs.

Adults  
1<sup>st</sup>: Right away  
2<sup>nd</sup>: 3-4 weeks later  
3<sup>rd</sup>: 12 months later  
Booster: Every 1-3 years

### Panleukopenia Combo (FVRCP): CATS

Kittens  
1<sup>st</sup>: Age 6-8 weeks  
2<sup>nd</sup>: 3-4 weeks later  
3<sup>rd</sup>: 3-4 weeks later  
4<sup>th</sup>: 12 months later  
Booster: Every 1-3 yrs.

Adults  
1<sup>st</sup>: Right away  
2<sup>nd</sup>: 3-4 weeks later  
3<sup>rd</sup>: 12 months later  
Booster: Every 1-3 years

**Los Angeles County, Department of Public Health, Office of Veterinary Health**

Phone: (213) 989-7060

Website: [publichealth.lacounty.gov/vet/](http://publichealth.lacounty.gov/vet/)

# Pet Health

7 tips for keeping our pets healthy.



## Learn more about the tips

How much do you know about keeping your pet healthy? Learn more about the tips you can follow to keep your pet healthy.

### **Tip #1: Take your pet to the vet 1 to 2 times each year.**

Pets age much faster than humans. That's why pets should see their vet 1 to 2 times each year. Ask your vet's thoughts about your pet's diet, behavior, teeth and gums, skin and coat, and general health. Regular blood tests can help vets find and treat diseases early, and help your pet live longer and healthier.

### **Tip #2: Spay or neuter your pet.**

Every year more than 50,000 dogs and cats end up homeless in Los Angeles County shelters. Spaying or neutering pets prevents animals from being born accidentally, and is an effective and humane way to save animals' lives. Spaying (in females) and neutering (in males) are surgeries done to remove an animal's reproductive organs so that they don't have unwanted babies. Both surgeries are performed by a vet while a pet is under anesthesia.

Spaying or neutering:

- Lowers the chance of breast cancer & uterine infections in females
- Lowers the chance for prostate problems & testicular cancer in males
- Reduces behaviors such as roaming, urine-marking, and some aggression.
- Pets that are spayed or neutered are 3 times less likely to bite.

### **Tip #3: Talk to your vet each year about issues that can affect your pet's health such as fleas, ticks, internal parasites, and secondhand smoke.**

Talk to your vet about what flea and tick control product is best for your pet. Many products must be applied monthly. Be aware that many products made for dogs are poisonous to cats.

Have your vet check your pet's stool for internal parasites each year. Monthly medicines can get rid of worms that your pet picks up while on walks or outside.

Pets not only breathe the toxic fumes of secondhand smoke, but also ingest the toxins when they groom themselves. Keep pets away of cigarette fumes, vapor and discarded cigarette butts.

### **Tip #4: Prevent diseases that spread from infected animals to people.**

Zoonotic diseases are illnesses pets and humans can share. Some of these diseases are spread directly from infected animals to people through contact with skin, saliva, stool, or through bites or scratches. Other zoonotic diseases can be spread to people through flea or tick bites, including Flea-borne Typhus, Rocky Mountain Spotted Fever, and Lyme disease.

Do these things to protect yourself and your pet from zoonotic diseases:

- Follow the 7 tips in this brochure
- Wash hands often

- Avoid "pet kisses"
- Pick up your pet's stool right away

### **Tip #5: Make sure your pet gets the right vaccines each year.**

Vaccination is a vital way to protect pets' health. Many people do not realize that vaccinating pets one time is not enough! They require a series of vaccines in the beginning, and then booster vaccines throughout their lives. Every year, hundreds of pets die from diseases that could have been prevented by vaccination. Certain vaccines are recommended for all dogs and cats, even if kept indoors.

### **Tip #6: Get your pet licensed.**

In California, all dogs 4 months or older must have a license issued by the local animal control agency. In some areas, cats must be licensed, too. Licensing helps owners to be reunited with their pets in case the pet is lost. Proof of rabies vaccination is required.

### **Tip #7: Train your pet.**

It helps to keep pets and people safe. It's very important to teach basic skills through reward and NOT through punishment. You should teach your pet:

- How to sit
- How to walk on a leash
- How to greet people calmly
- To go "to the bathroom" in the appropriate places (litter box, etc.)