**CPR for your Dog or Cat**

A. **Assess from about three feet away.** Is the animal unresponsive to the sound of your voice and the tapping of your foot on the ground?

B. **CPR is a team effort. Call for HELP!**

C. **Move the animal the least amount possible** but get yourself and the animal to a safe place.

D. **Place your hand on their chest.**
   A. Can you see or feel the rise and fall of their chest?
   B. Can you hear them breathing?

E. **Open and extend airway,** keeping the windpipe straight by running your hand up the chest to the neck, then **pull the tongue past the canines.** Is the windpipe clear? Is there is something in there you can safely remove? If the pet is unresponsive, begin CPR.

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**CPR is 30 COMPRESSIONS to 2 RESCUE BREATHS**

**COMPRESSIONS** for narrow, deep-chested and small dogs or cats should be above the heart. **COMPRESSIONS** for round-chested dogs should be at the widest part of the chest.

**Begin CPR**

1. Place your hands on their chest and perform **30 COMPRESSIONS.**
   - **COMPRESSIONS** should be 1/3 to no more than 1/2 the width of the chest. (You may have to use one hand for smaller animals.)
   - Aim for **100+ COMPRESSIONS per minute** and keep to the beat of the song “Stayin’ Alive.”

2. **Open and extend airway,** keeping the windpipe straight by running your hand up the chest to the neck, then **pull the tongue past the canines.**

3. **Create an airtight seal** around the snout by compressing the lips and mouth together.

4. Perform **2 RESCUE BREATHS** from your mouth to their snout, allowing for full recoil of the chest and ribs, waiting about one second between breaths.

5. **Repeat for 2 minutes** or **four cycles,** then **check for a pulse** in the femoral artery located in the fold of the back thigh. Press your fingers against the crease of the inner thigh and fold the thigh back over your fingers.
   - You may have to move your fingers around and add pressure to locate the pulse. A pulse can be difficult to locate and why it is no longer recommended to check before CPR.

**GOAL is to get your animal to the nearest veterinary clinic.**

*(Call your clinic and prepare them for your arrival.)*