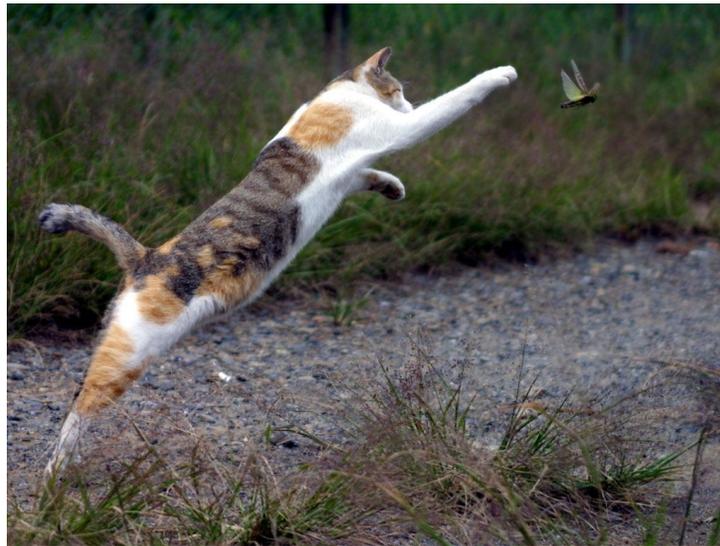


## Should you let your cats go outside?

Look, lets face it, we've seen the absolute joy many household cats have exhibited when we've allowed them to go out into the yard. We've marveled at the happiness of chasing a butterfly, and running after a leaf on the breeze and we've asked them politely to stay in the yard, please. But that request can be short lived, especially for a young, vibrant cat that feels there's even more to investigate beyond the wall.....

There can be pro's for allowing your cat outside and there may be cats you have, that must be outside for one reason or another.



- **Cats who go outside are less prone to obesity.** Free-roaming cats naturally burn more calories than those that sit on the sofa all day. They therefore are less prone to diseases associated with obesity such as diabetes and chronic kidney disease.
- **Outdoor time might be good for a cat's mental health.** The cat may enjoy being outdoors.
- **Outside time allows cats to express natural behaviors that might be suppressed indoors.** In other words, they get to hunt, which can be good for the cat's mental health.
- **Cats who go outside often urinate and defecate outdoors so there is no stinky litter box in the house.**

- **Cats need to go outside to produce vitamin D** (theory, not confirmed)
- **Outdoor cats can consume grass, through which they obtain valuable micronutrients.** (theory, not confirmed)
- **If I don't let my cat outside, he urinates all over my house.** I have tried behavioral modification, medications and collaboration with professional behaviorists but nothing works. It's either let him outside or put him to sleep.
- **Cats who go outside under supervision and are kept on leash or in a fenced patio can enjoy the outdoors while suffering minimal risk.**

About 65% of the estimated 80 million pet cats in the U.S. live indoors only. But millions of kitties are still allowed outside, where they face more dangers.



Predators, cars, diseases, poisons, and the bully cat who already possesses the territory your sweet kitty has just been let into are only a few of the reasons that indoor cats live significantly longer on average than cats that venture outside.

Assessing the risk of an outdoor lifestyle is always important before sending a cat outside for any amount of time.

Many vets say owners should limit outdoor time as much as possible, or just choose to keep the cat inside. Another option, is to let your pet out only in a confined, fenced area while you're watching. But it's up to you to make sure they have the most protection possible.

**Get the microchip.** Most humane societies recommend microchipping your pet. When you get one, make sure you keep your contact information up-to-date on the chip. A break-away collar for your cat with a tag that has your phone number is also a good idea.

**Don't declaw.** Veterinarians say you should never let a cat outside that doesn't have claws. They cannot defend themselves from dogs and other cats, and they cannot climb on trees to escape a threat, making the outdoors even riskier.

**Get vaccines.** Let your vet know if your cat goes outdoors so she can make sure he has the proper shots. Outdoor cats will need additional vaccinations like the feline leukemia vaccine and possibly others depending on what part of the country you live in.

**Spay or neuter your pet.** Cats who aren't fixed are more likely to roam away from home. That raises the chances they'll get hit by a car or get into a catfight. So after around 5 months of age or before, make sure your kitty has this procedure.

**Always keep food and water handy.** Make sure a water dish is outside in the summer, and adds more calories to their diet during the winter months. Be sure to bring any food inside at night to avoid attracting predators, like Coyotes!



**Watch out for toxins.** Scraps from trash cans, pesticides, and other poisons are a danger to your cat. In the winter months, antifreeze and even the salt that people spread on the front of their houses to prevent slipping from ice is something that can damage the paws. If the cats ingest it, it can cause a lot of problems.

**Provide shelter.** As the weather gets colder, keep in mind the chilly temperatures and snow and ice can affect a cat's health. They can still get frostbite and hypothermia, just like people can. Also make sure your cat isn't climbing into the hood of your car to stay cozy during the winter months or cool in the summer.



The best bet is to bring cats inside when the temperatures drop. But if you can't, set up a small wooden enclosure or heavy box to keep your cat warm. In extreme weather conditions, many times, cats can figure it out for themselves.

**Install Coyote Rollers.** No one wants to lose a pet, or have their best friend get hurt or worse. If you elect to allow your cat outside, understanding and addressing the risks can help to keep him safe. If your situation allows for it, we recommend the [Coyote Rollers sold at Rollers Direct](#), as a wonderful way of keeping pets in your yard!

Visit us at:  
[www.RollersDirect.com](http://www.RollersDirect.com) or  
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