

SIX QUICK STEPS FOR RESUSCITATION

If you believe your cat's heart has stopped beating, start chest compressions immediately:

- ◆ Open the mouth and ensure nothing is obstructing the airway. This should take no more than five seconds.
- ◆ Lay your cat on his side on a firm surface.
- ◆ Perform chest compressions directly over the heart. The heart lies under the ribs where the elbow naturally falls against the body wall. For small-to-average size cats, you may use one-handed compressions. Wrap one hand around the chest with the thumb over the heart on one side and the first two to three fingers over the heart on the other side. Wrap the hand around the underside — not across the back.
- ◆ You may prefer a two-handed technique for a large cat. Place one hand over the other interlocking the fingers. Then place the heel of the bottom hand directly over the heart and perform the compressions. They should be strong enough to compress the depth of the chest by 30 to 50 percent, being sure to allow the chest to completely recoil between compressions.
- ◆ Compress 30 times in 15 to 18 seconds and then breathe two short breaths into the cat's snout. Hold his mouth tightly closed and place your mouth over the nostrils, making a seal with the snout. Blow strong, quick breaths into the nostrils to achieve a normal chest rise. Then immediately resume compressions.
- ◆ Repeat this cycle of 30 compressions followed by two quick breaths until the cat is resuscitated or until you obtain veterinary assistance, or the effort is deemed unsuccessful.