

Cat Adoption Packet Table of Contents

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General FAQ

Moving is stressful for everyone, pets included! Luckily, you have a whole team of people at Nevada Humane Society eager to help ease the transition of your new pet into your home. If you have any questions, concerns, or comments, please reach out to us at our Reno shelter (775) 856-2000 or our Carson sheler (775)-887-2171.

Health Concerns

If you are concerned about your pet because they show symptoms of sickness or surgical complications within 2 weeks of being taken home, please contact the Nevada Humane Society Clinic at (775) 856-2000 ext. 311. Be sure to let the receptionist know that the animal when your furry family member was adopted from Nevada Humane Society, as well as the nature of the problem.

Behavioral Questions

If you have any challenges with your new pet adapting to your home, other pets, or any other behavioral issues, please call our animal help desk and let them know you adopted from the Nevada Humane Society. Our Help Desk can be reached at (775) 856-2000 ext. 200 or by email at

animalhelp@nevadahumanesociety.org.

Thank you for adopting with Nevada Humane Society!



THANK YOU



We are so grateful you adopted a shelter pet in need of a loving home.

Adoptions save lives!



Rhyder, adopted June '23



Amber, adopted June '23



Beve, adopted June '23



We care so much about every pet that comes through our doors and would love to hear how things are going with your new furry family member!

You can email us your stories at happytails@nevadahumanesociety.org, rate us on Google, or share your favorite photos and videos with us on these platforms:



Happers, adopted June'23









@nevadahumanesociety
Google





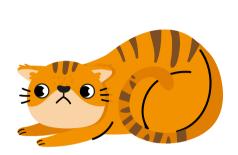
Doser, adopted June '23



FITTING IN TO A NEW HOME DOESN'T HAPPEN OVERNIGHT



The 3/3/3 rule is a general guideline for the adjustment period for a cat after adoption. However, it is important to note that every cat is unique and will adjust differently.



3 DAYS TO DECOMPRESS

- Feeling overwhelmed
- May feel scared or unsure of the new situation.
- Not comfortable enough to be "themself".
- May not want to eat or drink.
- Shuts down and/or hides.
- Tests the boundaries.



- Starts settling in to and figuring out their new home.
- Starts developing a routine.
- Begins to let their guard down.
- May begin to start showing their personality.
- Behavior issues may start to arise.



3 MONTHS TO FEEL AT HOME

- Finally feels comfortable in their new home.
- Begins to build trust.
- Begins forming a bond.
- Gains a complete sense of security with their new family.
- Sets into a routine.

DO NOT: introduce a new cat to new people right away, force them out of hiding, or lose your temper.

DO: be gentle, understanding, and firm on correcting their behavior, praise them often with love and treats, and let them come out/explore on their own.

If you have any questions or concerns, please give us a call so we can help you!



GIVE THEM A CHANCE



HOW TO MANAGE A FEAR FREE RETURN HOME





You may have noticed that when you bring one pet home from the veterinarian or groomer, your other pets give the "returnee" the cold shoulder, acting as if they don't know him. Worse, they may react negatively, even aggressively. That's because the pet may smell or look different (especially if they have been shaved or had a surgical procedure), causing fear and anxiety in your other pets. Here are some tips to help prevent a negative reintroduction when returning home with a pet.

- Assume it might not go well, and set your pets up for success. A negative reintroduction results in a long-lasting negative memory. There have been cases of cats no longer being able to live together after a reunion went badly. The time and financial commitment sometimes required to repair the relationship between pets can be prohibitive for some.
- Manage the situation by controlling the reintroduction. Control the reintroduction by managing the other pets on leash, restricting them to another room, or keeping them behind a baby gate or exercise pen or inside their crate (if the pets are crate trained). This prevents the other pets from rushing up to the returning pet.
- Provide a safe haven. If your pet was sedated or had any procedures performed that may not make him feel 100 percent, provide him with a safe and comfortable place to relax without the other pets around. This might be in a crate, exercise pen, or special room. Once he is back to himself, you can implement a controlled reintroduction to the household.
- Mix their scents. Smell is so important to our pets. Cats, especially, seem to recognize each other by scent. Cats and dogs can be sensitive to unfamiliar smells, such as antiseptics or grooming products. Work to familiarize them with each other's scents by allowing them to sniff each other through the space beneath a closed door. You can also artificially mix their scents. To do this, take a dry face cloth and allow your cat or dog to rub on it or pet them with it gently. Take the same cloth to all pets in the house and repeat. Leave the cloth out in the environment to let them get used to each other's scents. Calming pheromones, such as Feliway Multicat or Adaptil, may also be helpful in promoting a harmonious reintroduction.

- Take a walk. If appropriate, take the dogs for a walk together. The distraction of doing a normal activity together on neutral territory can help re-establish their familiarity with each other. Ideally, each dog should be walked by a different person.
- It's a party! Cats can be distracted with a play session or special meal for each cat at a distance from each other. Dogs can be distracted by asking for known cues or tricks and reinforcing those with small treats.
- The three-second rule. It is normal for your other pets to want to smell the returning pet, who is bringing back unique odors. Prolonged sniffing (just like hugging your teenage son too long) can make your pet uncomfortable. Introduce and enforce the three-second rule. If sniffing last for more than three seconds, calmly get your pets' attention by gently clapping your hands or saying their names in an upbeat tone. Keep it calm and avoid creating tension. Call them away to get a toy or follow you to the treat jar.

If you notice excessive interest in the returning pet or body language indicators of fear, anxiety, or stress, such as freezing, walking slowly, hiding, lifted lip, growling, or hissing, to name just a few, separate your pets and work on a more gradual introduction.

Follow these tips and you will be back to normal before you know it. How quickly the reintroduction takes depends on the individual animals and the circumstances. Some pets take just a few minutes to resume a normal relationship. Others might take hours or even a day or two to put out the welcome mat.

If you are having trouble with reintroductions, ask your Fear Free Certified® Veterinarian to recommend someone who can assist you.

THE SPECTRUM OF FEAR, ANXIETY & STRESS

RED: SEVERE SIGNS - FIGHT/AGGRESSION (FAS 5)

- Offensive aggression pupils constricted or dilated, cat leaning forward, ears forward. moving forward, whiskers forward, tail is an inverted L (first inch of tail is horizontal with ground then the tail drops down), rump raised higher than front (on tip toes), staring, may be growling.
- Defensive aggression ears back, pupils dilated, hunkered down, tail tight or tucked or tail thrashing, whiskers back, hissing, lips pulled back, staring, furrowed brow, could be swatting.



RED: SEVERE SIGNS - FLIGHT/FREEZE/FRET (FAS 4)

- Flight actively trying to escape, pupils dilated, ears back, whiskers back, tail down and bottle brushed, fleeing, turning to look at stimulus.
- Freeze/Fret tonic immobility, dilated pupils, body flattened and tense, tail tucked, increased respiratory rate, ears back, staring, whiskers back.



YELLOW: MODERATE SIGNS (FAS 2-3)

· Ears further to the side, more pupil dilation but not completely dilated, increase in respiratory rate, brow furrowed, looking at stimulus instead of looking away, tail tight to body, possible tip of tail moving some, whiskers back, body crouched and leaning away.



GREEN: MILD/SUBTLE SIGNS (FAS 1)

· Avoids eye contact, turns head away without moving away, partially dilated pupils, head held just slightly down, slight brow furrowing, whiskers slightly back, ears partially to the side, body shifted slightly away, tail closer to body with possibly some slight flicking.



GREEN: PERKED/INTERESTED/ANXIOUS? (FAS 0-1)

 Looking directly but not intensely, tail up and winding, mouth closed with loose lips, ears perked forward, whiskers forward, slight pupil dilation.



GREEN: RELAXED (FAS 0)

- A: Sleeping
- B: Neutral ears in neutral position, brow soft, eyes soft, mouth closed with relaxed lips, body loose, tail carriage U-shaped, pupils normal dilation.
- C: Friendly greeting tail up and winding, may elevate rear end slightly by standing on toes, ears neutral, forward, or slightly back, might have squinty eyes, brow relaxed, might cheek mark or rub on person or object.







(A)



Common Signs

that your cat may be in pain include:



Loud meowing



Hiding or acting withdrawn



✓ Increased aggression



If your cat is showing sudden behavioral changes, take them in to your local veterinarian.

Rapid breathing or panting



Changes in eating or drinking habits



Increased heart rate



Change in grooming habits



✓ Decrease in energy levels



✓ Sleeplessness

Interactive (AT Play by Dr. Mikel Delgado



Toys that are left lying on the floor are "dead". They are boring. Fun toys are like **prey!** They are usually small and quiet, and **they move!**

Playing is an **interactive** experience: a simulated hunting experience that gives cats physical exercise and stimulates their brains. We tailor our play to our individual cat's needs. Are they a generalist or a specialist?

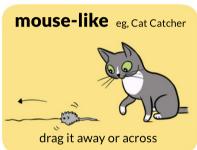
Playing is also a way to bond with our cat. Not all cats like to be cuddled.

Make play a daily habit or activity. eg, before their dinner or bedtime, and whenever they have the zoomies! Just as dogs need to go out for walks and to sniff, cats need **enrichment** and shouldn't be sleeping all day.

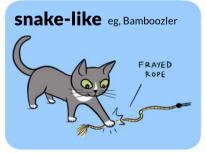
Prey Types

for the SPECIALIST HUNTER*











food puzzles

Introduce as a choice and never force. Many cats enjoy these. foodpuzzlesforcats.com



laser toys ...can be frustrating because cats

can't catch them. Best use for short periods as a warm-up, then switch to a real toy.

NOVELTY: Rotate the toys to keep things interesting!

*For safety reasons, interactive toys with string/wire should be stored securely after play.

····· Play Tips ····

- ALTERNATE SPEED OF MOVEMENT.
 Try slow movements. Barely moving.
- MOVE AWAY from your cat or along a L-R plane.



MOVE UNDER SOMETHING.



- Sounds of RUSTLING or CRUNCHINESS are exciting! $\left(\begin{array}{c} cu \ \mathsf{A}^{\mathsf{K}^{\mathsf{E}}} \end{array}\right)$
- LET THEM WAIT.
 Don't make it too easy or it will be boring.
- NOT TOO CLOSE.
 Cats can see the toy best when it is a few feet away.
- Give the FULL HUNTING EXPERIENCE

 paws, mouth, and whiskers!





SHAKE

Most importantly, HAVE FUN playing with your little hunter!

Have you played with your cat TODAY?



CAT LANGUAGE









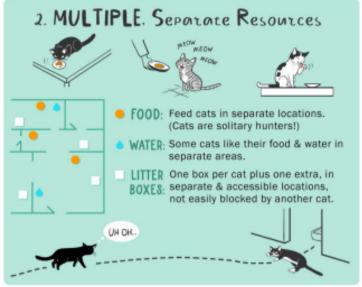
CATS need... 💓 💥











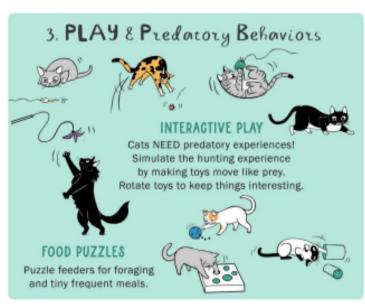




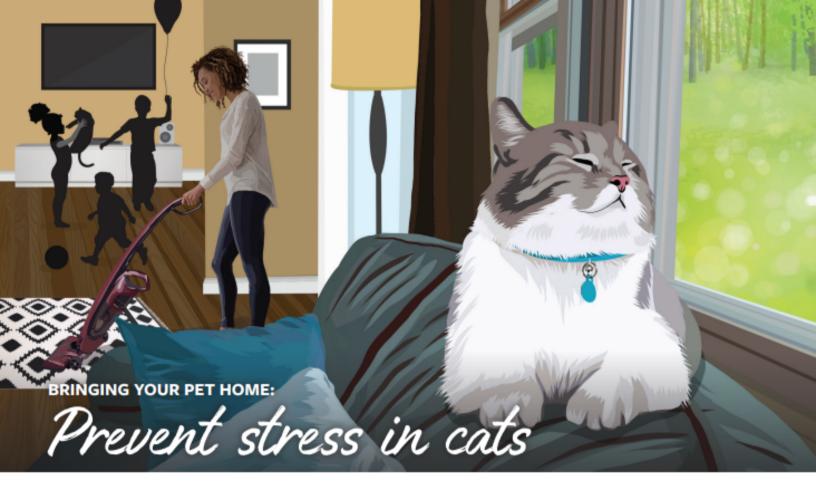




ILLUSTRATION: Lili Chin doggiedrawings.net/freeposters

REFERENCES: "PURR: The Science of Making Your Cat Happy" by Zazie Todd (2022)

"AAFP and ISFM Feline Environmental Needs Guidelines" by Sarah Ellis & Colleagues (2013)



SHORT-TERM: START ON THE RIGHT PAW

Change is stressful for cats, even if it's good change, like joining your family. So don't be dismayed if your cat acts scared or uncertain when you first bring them home. Here's how you can help your new best friend adjust to your household.

SET UP A SAFE ZONE. Choose a quiet room and equip it with a litter box, toys, scratching post, bed, hiding spot, food and water. This will serve as your cat's safe zone while they acclimate to the smells and sounds of your household.

TAKE IT SLOW. Once they're comfortable, start leaving the door open, allowing them to explore the rest of the house, and slowly introduce them to other pets and household members. If your new cat needs more time, use a baby gate to let them see other pets without having to interact.

KEEP IT LOW-KEY. During the acclimation period, allow your cat to choose how much attention they want with you and other members of your household. Forcing your cat to be held or petted will not comfort them and may create unwanted behaviors.

Get more tips on identifying stress in cats at humanesociety.org/cats-meow



LONG-TERM: A HAPPY, HEALTHY LIFE

Chronic stress affects your cat's quality of life and can even lead to illness and behavior problems like avoiding the litter box, aggression, overgrooming or marking territory. Help keep your cat healthy with these tips.

REDUCE SCENTS AND SOUNDS. Cats have sharper senses than humans and can be overwhelmed by blasting music and beeping electronics, as well as essential oils, scented candles, incense, fragrance sprays or plug-ins, and heavily scented cleaning products. Consider toning down the noise and scents, or set aside a quiet, scent-free space where your cat can escape.

provide a Pleasant Potty. Notice your cat's litter box preferences; most prefer a large, open box and unscented litter with a sandy texture. Provide at least two boxes in different locations for a single cat (and add another box for each additional cat in your home) in places they feel safe, and scoop waste at least once a day.

RESPECT BOUNDARIES. Most cats prefer being scratched on their head, neck and shoulders; pay attention to body language to decipher your cat's preferences. Use gentle handling, positive training and treats for stressful occasions like visiting the vet or trimming nails.

KEEP THEM ENTERTAINED. Physical and mental stimulation are as important as food and water. Provide food puzzles, vertical space for climbing, different types of scratching posts, a catio or window perches, and interactive play.

THE MOST COMMON CAUSES OF PET POISONING

EXTREMELY DANGEROUS SUBSTANCES

Human medications

- Blood pressure pills
- Heart medications
- Opiates and pain medications
- NSAIDS such as Aleve, Advil, Motrin, Aspirin
- Acetaminophen, such as Tylenol

Plants

- Sago Palms
- Castor Beans
- Poinsettia
- Azaleas
- Lilies

Household Chemicals

- Cleansers
- Fire logs
- Rat poison
- Anti-freeze
- Fertilizers
- Weed killer
- Insecticides

Human Food

- Coffee
- Chocolate
- · Baker's chocolate
- Sugar-free candy and gum
- Alcoholic drinks

VERY DANGEROUS SUBSTANCES

Human medications

- Trycyclic Anti-Depressants, such as Asendin, Elavil & Etrafon
- Methylphenidrate
 ADHD medication
- Decongestants, such as NyQuil, Sudafed &Theraflu

Plants

- Amarylis
- Cyclamen
- Oleander
- Tulip bulbs
- Autumn Crocus

Household Chemicals

- Mothballs
- Paint thinner
- Batteries
- Bleach

Human Food

- Mushrooms
- Yeast dough
- · Raw meat & eggs
- Bones
- Onions
- Garlic

DANGEROUS SUBSTANCES

Human medications

- Birth control pills
- Sleep aids, such as Restoril, Ambien, Lunesta
- Codeine
- Melatonin
- Bupropion, such as Wellbutrin & Zyban

Plants

- English Ivy
- · Peace Lily
- Pothos
- Schleflera
- Chrysanthemum

Household Chemicals

- De-icing salts
- · Liquid Potpourri
- Fabric softener
- · Glow jewelry

Human Food

- Milk
- Dairy products
- · Fatty foods
- Fat scraps
- Avocados

EARLY SIGNS OF POISONING

- Vomiting
- Nosebleeds
- · Loss of appetite
- Seizures

- Depression
- Diarrhea
- Bleeding gums
- · Inability to urinate
- Lethargy
- Agitation
- Drooling
- · Black or bloody stools



GET HELP!

Call immediately if you suspect your pet has been poisoned!

BE PREPARED!

Keep Hydrogen Peroxide & Activated Charcoal on hand in case of poisoning.

CALL YOUR VET

or the ASPCA® National Poison Control Center at 800-548-2423.







Pet Friendly Summer Tips

Summer is always a fun and amazing experience here in Nevada. We hope all animals feel the same way. Here are some great tips to keep in mind for your pets (courtesy of NHS adoptions staff)!

Fortify Against Fleas and Ticks



Make sure your pet is on proper flea medication since those pesky pests thrive in warmer temperatures. It's also helpful to have a flea comb and flea shampoo on hand.



Get Groomed

Brushing away knots and mats from your pet's mane aids circulation and helps regulate your furry friend's body temperature.

Apply Sunscreen



That's right, sunscreen isn't only for humans. Hairless, short-hair breeds, and white coats are more susceptible to burning. Use pet-safe sunscreen and apply it to exposed areas.

<u>Hydrate, Hydrate, Hydrate</u>

Look for signs of overheating like excessive panting, drooling, and weakness. Keep plenty of water handy and make sure that your pets don't drink out of stagnant water like puddles, since there's bacteria aplenty.

Car Travel



Never leave your pet alone in a hot car. When traveling, use a secured crate, harness system, or pet safety belt.



Create a disaster kit with food, water, and medication that can last for at least five days. During fireworks and summer thunderstorms, keep pets safe and secure in a quiet area at home.

Paw Patrol



Walk your pet during the cooler morning and evening hours. Avoid hot surfaces like black asphalt, pavement, and sand. If your pet steps on those hot surfaces, they could burn their paws.



Toxic Chemicals

Keep your pets away from bug spray, insecticides, citronella products and sunscreen.

<u>Water Safety</u>

Never leave pets unattended at the beach, river, lake, pond, or pool.

When boating, use a pet life jacket.

Sand is Banned

Don't let your pets play with toys or balls covered in sand, or let them eat sand in general.

Veterinarian Clinics

Reno Area

Name	Address	Phone #	Special Services
A+ Animal Hospital	7450 Longley Ln. Reno 89511	775-852-4300	Boarding
Animal Emergency Center	6425 S. Virginia St. 89511	775-851-3600	24hr Emergency Care
Animal Medical Center	855 E Peckham Ln. 89502	775-827-3033	
Aspen Animal Wellness	7025 Longley Ln. STE 40 89511	775-331-8865	
Banfield Pet Hospital in Petsmart	5110 Mae Anne Ave. 89523	775-746-0672	
Brinkby Animal Hospital	3596 Baker Ln. 89509	775-829-1996	
Comstock Equine Hospital	90 W. Laramie Dr., Reno 89521	775-849-0120	Large Animals Only
Damonte Ranch Animal Hospital	1091 Steamboat Pkwy. Suite 230 89431	775-852-8522	
Fairgrounds Animal Hospital	2435 Sutro St. 89512	775-329-4106	Exotics
Feline Medical Center (VCA)	4792 Caughlin Pkwy. Suite 209-210 89519	775-829-0969	
Galena Veterinary Hospital	9475 Double R. Blvd. #20 89521	775-853-4003	Puppy Training
Homeward Bound Vet Service	Mobile	775-722-1627	In-home Euthanasia/Hospice
Kings Row Pet Hospital	3653 Kings Row 89503	775-747-1211	
Klaich Animal Hospital	1990 S. Virginia St. 89502	775-826-1212	Birds/Exotics/Euth/Boarding
Lakeside Animal Hospital (VCA)	4871 Summit Ridge Dr. 89523	775-827-8866	
Mountain View Animal Hospital & Holistic Pet Care	6476 Bonde Ln. 89511	775-8536900	Holistic Pet Care
Mount Rose Animal Hospital	16560 Wedge Pkwy. Suite 100 89511	775-853-8550	Exotics
North Hills Vet Clinic	1440 North Hills Blvd. 89506	775-972-5566	Wellness Videos Online
Options Veterinary Care	4690 Longley Ln STE 1. 89502	775-499-3700	Low Cost Vet Services
Pinion Vet Hospital	11115 S. Virginia St. 89511	775-851-4218	
Reno Hospital for Cats	865 E Peckham Ln. 89502	775-827-5289	Cat Board/Groom
Sierra Veterinary Specialists of Nevada	555 Morrill Ave. 89512	775-358-8555	24hr Emergency Care
South Reno Vet Hospital	18603 Wedge Pkwy. Suite N 89511	775-852-2244	House Calls/After Hours
Southwest Vet Hospital	960 W. Moana Ln. Suite 102 89509	775-825-7984	
Truckee Meadows Vet Hospital	465 W. Moana Ln. 89509	775-825-0400	
Vet To Pet	Mobile	775-338-8500	In-Home Euthanasia/Hospice

Sparks Area

Name	Address	Phone #	Special Services
Advanced Pet Care	2001 Prater Way 89431	775-321-5300	Acupuncture
Banfield Pet Hospital	255 Los Altos Pkwy. 89436	775-354-1913	
Baring Blvd. Vet Hospital (VCA)	700 Baring Blvd. 89434	775-358-6880	Acupuncture/Cancer Therapy
Desert Hills Animal Hospital	760 E. Lincoln Way 89434	775-331-4700	
Kreature Komforts Animal Hospital	2205 Glendale Ave. Suite 117 89431	775-356-5524	Exotics/Boarding/ Grooming
Pyramid Vet Hospital	2405 Pyramid Way Suite 101 89431	775-356-8323	Exotics/Acupuncture
Sage Veterinary Care	4840 Vista Blvd. Suite 100 89436	775-409-3288	Emergency Care (Mon-Fri 8am-6pm, Sat 8am- 2pm)/Birds/Exotics

Incline Village Area

Name	Address	Phone #	Special Services
Barnes Veterinary Services	401 Village Blvd. 89451	775-833-2020	Low Cost S/N and Vaccines
			Online Pet Library/Cat
Incline Vet Hospital	880 Tanager St. 89451	775-831-0433	Boarding/House
			Calls/Behavioral Meds
Round Hill Animal Hospital	392 Wyndham S. Shhore #D 89448	775-588-8744	Rattlesnake Immunization

Carson City Area

Name	Address	Phone #	Special Services
Carson Tahoe Vet Hospital	3389 S. Carson St. 89701	775-883-8238	Emergency Care (Mon-Fri 8am-5pm, Sat-Sun 24hrs)/Stem Cell Therapy
DOCS Valley Vet Hospital	4630 Hwy. 50 Suite 15 89701	775-884-4362	Emergency Care (Mon-Fri 7am-6pm)/Exotics
Lone Mountain Vet Hospital	780 E. College Pkwy. 89706	775-883-3136	Exotics/Boarding/ Behavior Counseling
Quail Ridge Animal Hospital	937 Mica Dr. Suite18 89705	775-267-4888	Exotics/Boarding/Stem Cell Therapy
Sierra Vet Hospital	1477 N. Saliman Rd. 89706	775-883-0261	Hospice/Euth/House Calls/Behavior Meds
Timberline Animal Hospital	3309 N. Carson St. 89706	775-882-1686	Behavior Counseling
Washoe Valley Vet Hospital, Inc.	3245 Eastlake Blvd. 89704 (Washoe Valley)	775-849-2300	

Dayton/Gardenerville/Minden Area

Name	Address	Phone #	Special Services
Dayton Riverside Vet Hospital	210 Dayton Valley Rd. 89403 (Dayton)	775-246-5392	
Dayton Veterinary Hospital	14 Enterprise Way 89403 (Dayton)	775-246-7775	Emergency Care (Mon-Fri 7:30am-5pm)/Exotics
Animal Medical Services	1355 Centerville Ln 89410 (Gardenerville)	775-782-2297	
Carson Valley Large Animal Clinic	1211 Jones Ranch Rd. (Gardenerville)	775-782-4087	
Job's Peak Vet Hospital	1454 Southgate Dr. 89410 (Gardenerville)	775-782-2584	
Carson Valley Vet Hospital	1390 State Rte 88 89423 (Minden)	775-782-3039	Exotics/Euth/Cremation

Fernley/Fallon/Wadsworth Area

Name	Address	Phone #	Special Services
Animal Care Center of Fernley	805 Main St. Suite D 89408 (Fernley)	775-575-5851	Emergency Care (Mon- Tue Thurs-Fri 8am-5pm, closed daily 1:15pm- 2:15pm)
Moffit Animal Clinic	305 Hwy. 95A 89408 (Fernley)	775-835-8387	Euth
Fallon Vet Clinic	92 N Allen Rd. 89406 (Fallon)	775-423-6011	
Lahontan Valley Vet Clinic	3660 Schurz Hwy. 89406 (Fallon)	775-423-7528	
Western Nevada Veterinary Services	1000 Auction Rd. 89406 (Fallon)	775-423-5900	Large and Small Animals

Hawthorne/Yerington Area

	Name	Address	Phone #	Special Services
	Lohontan Valley Vet Clinic	415D 8th St. 89415 (Hawthorne)	775-422-7528	1pm-2pm Large Animals Ranch Calls (APPNT REQ)
	(2nd & 4th Wednesday of each month)			2pm-5:30pm small animals (WALK-IN)
	Connelled Animal Hamital	405 S. Main St. 89447 (Yerington)	775-463-0055	Boarding/Behavior Training/Horse
	Greenfield Animal Hospital			Care/Rattlesnake

Yellow = Emergency Care
Blue = Exotic/Small Animals
Pink= Low Cost Services

Additional Resources

Managing a fear free home www.fearfreehomes.com

Veterinary care tips everyone should know https://www.avma.org/resources-tools/pet-owners/petcare

Tips on introducing a new cat to a resident cat https://www.humanesociety.org/resources/how-introduce-your-new-cat-resident-cats

Tips on introducing a new cat to a resident dog https://www.animalhumanesociety.org/resource/how-introduce-dog-and-cat