

## What Should I do: 4 Steps That Will Go a Long Way !

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*During these difficult and quickly evolving times, we want to assure you that all of us at Les Services e-Vet Mobiles will continue to support your family veterinarian to ensure the well being of your animal. Here are things you can do at home to help us help you:*

### **1) Are you monitoring the resting respiratory rate (RRR)?**

- Why monitor: to watch for any signs of difficulty breathing or restlessness. This is one of the best things you can monitor to see if the disease is progressing at home.
- The term resting respiratory rate (RRR) refers to how fast your animal is breathing during 1 minute
  - How to measure the resting respiratory rate:
    - Count each breath (chest going up and down) for 15 seconds.
    - Multiply the number of breaths obtained during the 15 seconds count by 4.
    - A normal respiratory rate is < 35 breaths per minute.
    - Measure the resting rate when your animal is sleeping (make sure your pet is not dreaming).

### **2) Is your animal doing well or is he showing signs of illness? Make sure there are no signs of :**

- Coughing
- Lethargy (calmer, less joyful)
- Weakness
- Fainting

### **3) Are you and your animal active?**

- Your animal should be allowed to be itself and exercise. That being said, it is recommended to avoid strenuous exercise (rough playing, long and strenuous runs, intense frisbee).
- Please monitor for any change in exercise capability.

### **4) How is your animal appetite and has he lost or gained weight?**



*You can note all these important findings in the **Monthly Calendar!***

# Monthly CALENDAR... Everything all in one place!

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