



# 10 WAYS TO KEEP YOUR PET HEALTHY

1. Keep your pet at a healthy weight and provide opportunities for exercise
2. Feed your pet a balanced, nutritious diet
3. Make sure your veterinarian examines your pet at least once a year
4. Vaccinate your pet against potentially deadly diseases such as distemper, parvo, panleukopenia and rabies
5. Consult with your vet to keep your pet free of parasites (fleas, ticks, heartworm, etc.)
6. Learn basic first-aid procedures for pets and what supplies to keep on hand
7. Keep human medications out of reach of your pet
8. Avoid feeding your cat or dog avocados, chocolate, onions, grapes and raisins, fatty or fried foods, macadamia nuts or products containing the artificial sweetener xylitol
9. Spend quality time with your pet – it's healthier for both of you
10. Talk to your veterinarian about spaying or neutering your pet

Source: Zoetis™ and American Veterinary Medical Association