



New Cat/Kitten Shopping List

Set your new cat or kitten up for success by making sure you have everything you need. All items on the list below are available at CAT's retail store, and **100% of the proceeds** go toward providing care for the homeless cats and kittens at CAT. Thank you for shopping with us!

Food and Necessities

- ☐ Dry Food
- ☐ Wet Food
- ☐ Food and Water Bowls
- ☐ Litter Box
- ☐ Litter
- ☐ Litter Scoop
- ☐ Litter Mat
- ☐ Scratching Posts and/or Cat Tree
- ☐ Collar and I.D. Tag
- ☐ Bed
- ☐ Carrier

Grooming and Hygiene

- ☐ Nail Clippers
- ☐ Brush / Comb

Playtime and Enrichment

- ☐ Treats
- ☐ Toys
- ☐ Puzzle Feeder



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- Sign up for the Community Rewards program and **link your Fred Meyer Rewards Card to Cat Adoption Team** at www.fredmeyer.com/communityrewards. You can search for us by our name or by our nonprofit number (#80761).
- Then, every time you use your Rewards Card, you help CAT earn a donation!
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For more information, visit: www.fredmeyer.com/communityrewards



Common Feline Health Concerns

Diarrhea

Causes

Diarrhea can be caused by stress, viral or bacterial infections, parasites, sudden changes in diet, food sensitivities, and endocrine or metabolic diseases.

What to Do at Home

If your cat's food was recently changed, please resume feeding their regular food. Avoid feeding treats, table scraps, and too many food options as these can all contribute to gastrointestinal (GI) upset.

Probiotics (like Purina Fortiflora) or prebiotics and fiber supplements (like Diagal or powdered pumpkin) are available online or at most pet supply stores and can be administered orally or mixed into wet food to help resolve diarrhea caused by stress or diet changes. Follow the labeled instructions. *Do not* give human medications such as Pepto Bismol or Imodium—these could be very harmful to your cat.

When to Seek Veterinary Care

If the diarrhea persists for more than 3 days and is not responsive to probiotics, pumpkin, or a diet change, please contact your vet. They will want to check a fecal sample for parasites and abnormal bacteria. Please seek care sooner if your cat is not eating or drinking well, has diarrhea the consistency of water, appears lethargic, or has lost weight.

When bringing in a fecal sample to the vet, the fresher the better. Try to get a sample that is less than 12 hours old. Keep the sample in the refrigerator until the time of drop off, and try to collect as much fecal volume with as little litter as possible.



Upper Respiratory Infection (URI or “kitty cold”)

Causes

Feline upper respiratory infections (URIs) are typically caused by a virus. Infection can be from new virus exposure to a naive immune system; but more commonly, it is from re-activation of an already-acquired virus that had been dormant. Suppression of the immune system from stress or other illness is how the virus re-activates. Once there is a viral infection to weaken mucosal barriers, it is easy for secondary bacterial pathogens to cause infection too.

Viral-only infections typically have clear nasal and/or ocular discharge. Some cats can get over these infections without much medical intervention- just like a person getting over a head cold. Viral infections do not respond to antibiotics, but supportive care may be needed if the cat has a fever or stops eating.

Once there is a bacterial infection, nasal and ocular secretions tend to thicken and change colors (green, yellow). At this point, antibiotics are typically recommended.

What to Do at Home

Make sure your cat has a safe, comfy place to recover with plenty of bedding and places to hide. Offer your cat gently warmed (not too hot) canned food multiple times throughout the day. Warming the food makes it more aromatic which helps encourage cats to eat. Keep track of how much food and water your cat is eating and drinking. By monitoring their intake, you will be able to know if they have a sudden decrease in appetite.

Keep them away from other animals - both to decrease stress and prevent the spread of germs. Wash your hands and change clothing after handling your sick kitty if you are going to be interacting with other cats.

If your cat has been prescribed antibiotics or other medications, give them as directed.

When to Seek Veterinary Care

Please seek care if:

- Your cat stops eating for more than 24 hours, or your cat is only eating half their normal intake for 2-3 day
- Your cat has green or yellow ocular or nasal discharge, as these often need antibiotics
- Your cat is lethargic

If you are concerned about any of their symptoms, please seek veterinary care.



Spay/Neuter or other Surgical Incision Issues

Causes

Issues with surgical incisions can occur as a result of infection, the cat licking or traumatizing the area, suture dehiscence, too much physical activity following surgery, or a reaction to the suture material or tattoo ink.

What to Do at Home

Veterinary exams are the best for diagnosing the cause of a surgical incision issue. If you can't get an in-person appointment within 24 hours, try getting some good photos to email to your veterinarian for advice.

In the meantime, keep the area clean and dry and make sure your cat is wearing an e-collar so they don't traumatize the incision. If there is swelling, you can try applying a moist, warm (not hot) compress for 5 minutes twice a day. Do not attempt this if your cat does not tolerate it or appears painful.

When to Seek Veterinary Care

If the incision has opened, has drainage, is becoming more swollen, appears red, or is causing pain. If you are concerned about any of their symptoms, please seek veterinary care.

CONGRATULATIONS ON YOUR NEW PET

Thank you for adopting your new best friend. Get ready for a whole lot of love and some welcome treats as you care for their whole health!



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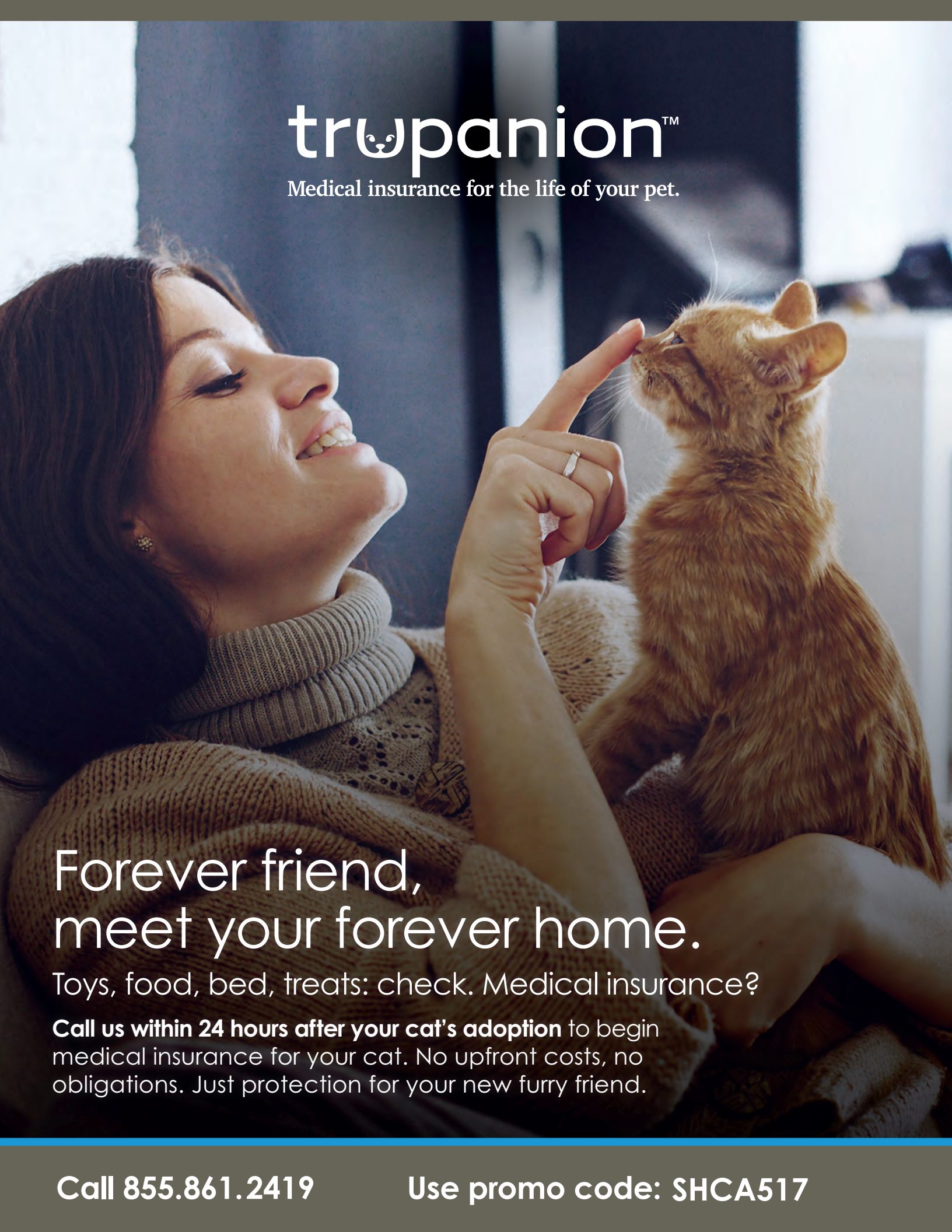


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A woman with long dark hair, wearing a beige turtleneck sweater, is smiling and looking up at a ginger cat. She is holding her right index finger up, and the cat is looking at it. The background is a blurred indoor setting.

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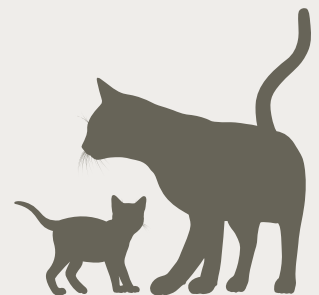
Cat's name in shelter:

Cat's age:

Staff signature:

Date of adoption:

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5 secrets to a well-adjusted new kitten

Socializing your sleek new bundle of joy is something you can do with your veterinarian's help. Start here.

Did you know that kittens learn and develop a big part of their adult personality by 16 weeks of age? It's true, and if you want a happy cat that takes life in a joyous stride, the clock is ticking. The positive (or negative) associations that young cats develop during this critical stage of brain development can last a lifetime ... for better or worse. So let's make it better!

Note: Don't force things! Make sure these exposures are done in a way that's comfortable for the kitten. Don't keep exposing a kitten to a new experience if the cat is scared. Talk to your veterinarian for guidance.

1. Handle your kitten—literally

Make a point to touch your kitten all over. Don't ever be forceful or push to the point of struggle. Just touch and hold gently and reward her acceptance with a special treat or gentle pet (kittens love to be stroked on both sides of their faces—maybe that's all the reward you'll need). Remember, over time, you'll need to be able to trim toe nails, clean ears and brush teeth. If your new kitten actually *enjoys* these rituals, life is better for you both.

2. Socialize with your kitten

Let your kitten meet people of all shapes, sizes and mannerisms to learn there's nothing to fear from people of all kinds. Introduce children, men and women, and even people with hats or costumes—Halloween comes around once a year. Don't forget the treats to make “scary” fun! Warn everyone to go slowly and speak softly, because kittens can be cautious by nature.

3. Keep the peace (of mind)

Let's face it, your cat is going to be sick or hurt at some point in his life, maybe starting with a spay or neuter surgery. You can make this better by training early not to fear the cat carrier. Buy one that you like too, because you need to keep it where you both can see it and think of it as an everyday thing. Leave it in the cat's favorite area with the door open, and hide treats inside or even feed

meals in there. Anything you can do to create a positive association with the carrier is a step in the right direction.

The best carriers are those with rigid sides and that open on the top as well as the front. That way, your kitten can feel safe in a hospital exam room while your veterinarian does a physical examination right inside the carrier. Your veterinary team will love you, and your kitten (and eventually grownup cat) won't be as freaked out when she needs to ride in her carrier for any reason.



These cats can totally roam free in their own cat car. If they're in yours, however, put them in a cat carrier for their safety and yours.

4. Adventure with your kitten

You and your cat will experience all life has to offer together, but the experiences won't be as fun if your cat is afraid or difficult to handle. Take your kitten wherever you can for exposure to new places. Visit your veterinarian on a day just for a visit—and some friendly treats. And don't forget to make her carrier into a cat nirvana, because that's the way you can keep travel with her the safest.

Science shows that it's easier for brains to remember bad experiences than good ones, so make sure your foundation for your kitten's brain is filled with terrific associations. You can avoid big problems in the future and, let's face it, handling and spending time with your kitten is a ton of fun!

Using Food Puzzles with Your Cat

Leticia Dantas, Mikel Delgado, Ingrid Johnson, and Tony Buffington

Food puzzles are an excellent way to increase your cat's activity and mental health by giving them a new, more natural way to get their food by "hunting" for it. Food puzzles typically come in two styles, rolling and stationary. They can be purchased or homemade, and can be used with dry or wet food, or treats.



Some examples of rolling food puzzles.

Beginners should start with clear puzzles with many openings so that cats can see, smell, and hear that there is food inside and will be rewarded with food for even gently nudging it. Puzzles should be at least one-half to three-quarters of the way full so the food easily dispenses. An almost empty puzzle can be too challenging and create frustration.

If dry food is fed, sprinkle some around the puzzle so the cat can acquire a few pieces and nudge the puzzle for more. Your cat will make the connection between moving the puzzle and obtaining food.

For **slow starters**, place small handfuls of dry food in locations frequented by the cat (condos, window sills, beds.). This allows the cat to discover food in novel places.

Gradually **increase the challenge**: use puzzles that are opaque, have fewer or smaller holes, or have unique shapes such as a cube, which makes them more challenging to manipulate.

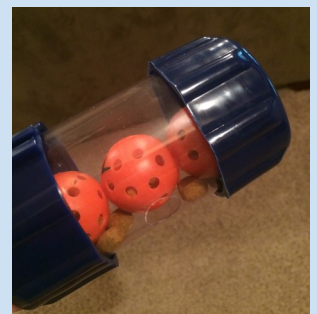


Stationary puzzles can be used with wet and dry food.

For **stationary puzzles** begin with egg cartons, muffin pans, ice cube trays or commercially available puzzles (the Catch by Northgate, or the Tunnel Feeder by Trixie Pet). Muffin pans and ice cube trays are well-suited for use with wet food.

Advanced foragers may also benefit from:

- ⇒ Hiding the puzzles around the house.
- ⇒ Doubling up objects by filling a smaller puzzle and placing it inside a larger puzzle, so that the cat must work harder to acquire food.
- ⇒ Placing a small weight or objects (such as a ping pong ball) inside the puzzle increases the challenge, by making it harder for the cat to move the puzzle, and for food to fall out.



Doubling up puzzles increases the challenge.

Eventually, you can even feed your cat all of their meals from food puzzles. Food puzzles increase your cat's exercise, allow them to use their minds to obtain food, and can provide entertainment for both you and your cat. For more information, go to foodpuzzlesforcats.com.

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