



Healthy Dogs 4 Healthy Communities

taking care of your pet in a responsible way.

In this issue

- Responsible Dog Ownership
- Basic Costs of Owning a Dog
- Treat Your Pet as a Family Member
- NITHA Photo Contest Winners!
- Dog Bite Prevention
- What is Parvo?
- Why do I need to vaccinate my pet?
- All about Rabies
- Dog Treat Recipe



Awesome Dog Facts!

- Dogs are the most popular pet on the planet!
- They evolved from a now-extinct species of wolf.
- Dog noses are at least 40x more sensitive than ours!
- Some have such good noses they can sniff out medical problems
- Many work as service dogs, helping humans!
- Dogs use body language to express their feelings.
- Owning a dog is a BIG responsibility!

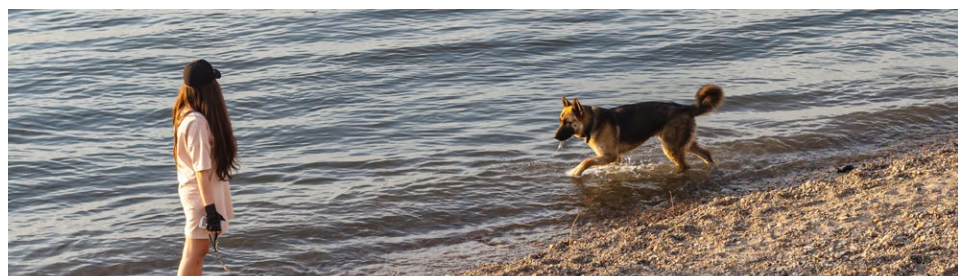
Nothing compares to the joy of coming home to a loyal companion. Your pet can do more than keep you company. Pets may also decrease stress and anxiety, reduce loneliness, boost your mood, improve heart health, and even help children with their emotional and social skills.

Having a dog has many benefits. There is a lot of responsibility that one needs to think about before deciding to have a pet.

As a dog owner, you must take care of your pets daily needs. The dog must be fed and exercised every day. A dog is completely dependent on its owner for all its needs, including the need for good health and a safe and warm environment. Therefore, being responsible for a dog also means taking care

of the dog so that it stays healthy.

The owner is responsible for the dog's safety and the safety of the people it comes into contact with. There is a lot of effort and energy that goes into looking after a dog. If the dog's needs are ignored, the dog will suffer.



Basic Costs of Owning a Dog

Before deciding that a dog is right for you, ask yourself if you are ready for the costs associated with owning a dog as well as the emotional and time commitment owning a dog requires. Pets can be a wonderful addition to the family. However, they also cost money in the long term and owners should be aware of the ongoing costs. Before getting a dog, consider the cost of dog food, supplies, annual vet costs, what you will do if your dog is injured or sick, how to prevent unwanted puppies, and a dog shelter.

Here are some estimated basic costs in owning a dog:

COMMON COSTS:

Initial vaccinations cost: \$400	Purchase price of a pet: \$500	Dishes/leashes/brushes/shampoo: \$100+
Shelter: \$200	Spay or Neuter: \$500	Treatment for an illness like Parvovirus: \$2000
Fencing a yard to ensure safety for the pet: \$1500+	Food for one year: \$1100	Tick treatment and deworming annually: \$1200

POTENTIAL: UPFRONT COSTS: \$3300+ ANNUAL COSTS: \$1500+

Treat Your Pet as a Family Member

As dog owners, we all want the best for our furry family members. It is important to every dog parent that their fur friends are getting everything they need to be happy and healthy pets. Just like your family members, dogs need basic needs such as food and shelter. Taking care of a dog is more than just making sure their bowl is full or that the dog is walked and the litter box is scooped.

Food

Dogs should be fed twice daily to keep them home. They rely on us to feed them and keep them healthy and happy. Dog food is the best option for your dog.

Domestic dogs should not be given raw animal carcasses to feed from. The dogs can get sick from old meat or worms and spread them through the community.

A dog is an unhealthy weight if you can see their ribs and backbone. Dogs that eat really fast are very hungry and may need extra food every day.

Water

Dogs need fresh water at all times. Snow in winter does not provide enough liquid for them to stay healthy. In hot weather, dogs can become very thirsty and even die if water is not provided.

Allowing dogs to drink dirty water can make them sick.

Shelter

All dogs need to keep warm. A good insulated dog house is an option.

Having your dog sleep in the house with you is another option. Most dogs enjoy sleeping in the house with their family.

Dogs can get frost bite like people. Small dogs and short haired breeds like pit bulls should live in the house. They do not grow enough hair to stay warm in winter.

Be a friend to your dog

Dogs want to be part of a family. Spending time everyday with your dog helps your dog be a friend to you. A dog that is your friend will be a protector for you and your family. Say NO to bullying!

Be kind to all living things, people, and animals.

Dogs Need Shelter

WINDCHILL FACTOR	FROSTBITE SETS IN:
-15°	30 mins
-20°	15 mins
-30°	10 mins
-40°	5 mins

Conditions worsen for small breed dogs or those without a double coat*



All Dogs need...

Hello..

fresh food & water

shelter from heat, cold & rain

exercise & playtime

veterinary care

collar & identification tag

kindness & respect



RECOMMENDED FEEDING CHART

USE A STANDARD 8 OZ. MEASURING CUP

Feed approximately 1/3 cups every 10 pounds over 100 pounds body weight. Puppies may require 2-3 times the adult feeding amounts. For pregnant or nursing dogs, we recommend free choice feeding. Always provide plenty of fresh water.

	Dog Weight	Cups Per Day		Dog Weight	Cups Per Day
	3 lbs	1/3 cup 139 calories		30 lbs	1 3/4 cup 781 calories
	6 lbs	1/2 cup 233 calories		40 lbs	2 1/4 cup 969 calories
	10 lbs	3/4 cup 342 calories		50 lbs	2 2/3 cup 1145 calories
	15 lbs	1 cup 464 calories		60 lbs	3 cup 1313 calories
	20 lbs	1 1/3 cup 576 calories		70 lbs	3 1/2 cup 1474 calories
				80 lbs	3 3/4 cup 1629 calories
			90 lbs	4 1/4 cup 1779 calories	
			100 lbs	4 1/2 cup 1926 calories	

Retrieved from <https://www.pawmaw.com/blog/dog-feeding-schedule-and-chart>

THE VOTES ARE IN! NITHA PHOTO CONTEST WINNERS!

NITHA Partner community members shared their pictures with us to showcase “taking care of your dog like a family member”. The lucky winners received one of 4 great animal care prizes to share with their dog!

A big thank you to everyone who participated in our “Dogs as family members” photo contest. Here are our winners!

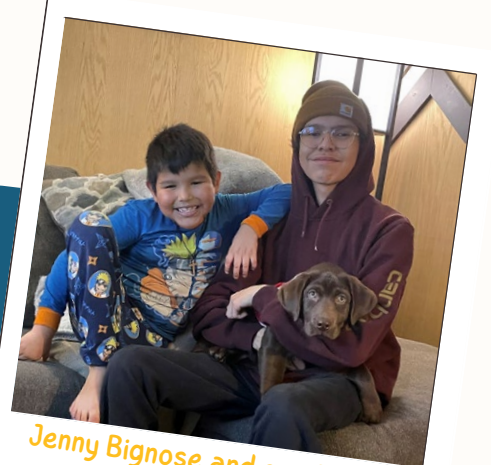
- Kayleigh Nateways of Peter Ballantyne Cree Nation
- Rebecca Sylvestre of Meadow Lake Tribal Council
- Jenny Bignose and son Jerick of Prince Albert Grand Council
- Christina Clark of Lac La Ronge Indian Band



Kayleigh Nateways, Pelican Narrows



Rebecca Sylvestre, Turnor Lake



Jenny Bignose and son Jerick, Fond Du Lac



Christina Clark, La Ronge



Dog Bite Prevention

Why do dogs bite? Dogs can bite for various reasons, when they are:

- Excitement/play
- Possessive/protective
- Fear
- Accidental
- Attention
- Sick or injured

Happy dog, happy community! However, there are times when the dog is not so happy. At these times, dogs tend to be aggressive and bite.

Do's and Don'ts when approached by unfamiliar dogs

- If an unfamiliar dog approaches you, stay calm, don't look at the dog directly in the eye, and stand still or back up slowly.
- Stand still; Don't run toward or away; Walk slowly away from dog.
- Let the dog see and sniff you before petting it.
- Use firm, confident commands.
- Don't attempt to pet dog on the head but scratch under the chin.
- Never disturb a dog when they are eating or sleeping.
- Do not hug dogs or let children hugs dogs – this is extremely dangerous.
- Teach children to ask permission to pet dogs on leashes. Do not play with dog unless supervised by adult.
- Never hit, kick, or hurt a dog.
- Offer bag, purse, hat, or other objects to dog instead of body. If there is no object to use, offer weak arm instead of dominant arm—do not pull away!
- If knocked over, assume fetal position on knees, cover your face and neck.
- If bitten, tell adult, wash with soap and water, seek medical attention (call 911 for emergencies, 311 for non-emergencies)

DO NOT approach:

Female dog with puppies

- Do not attempt to pet mother dog with puppies
- Do not attempt to grab or pet puppies

Fearful Dogs:

- Covering with tail between legs.
- Dog moves away from you.
- Looks around in all directions.

WHAT CAN YOU DO TO PREVENT YOUR DOG FROM BITING?

- Provide obedience training
- Socialize with other people and animals
- Provide proper food, water, shelter
- Provide exercise - a tired dog is a happy dog
- Provide enrichment - give your dog toys and puzzle feeders
- Play with your dog, but train the dog to release on command
- Provide attention and affection; dogs are social animals
- Avoid or minimize chaining or tethering - dogs often develop aggressive behaviors when isolated outside for long periods of time
- Obey leash laws
- Spay or neuter your dog
- Never leave children alone with a dog



retrieved from:
<https://www.cityofrochester.gov/dogbiteprevention/>

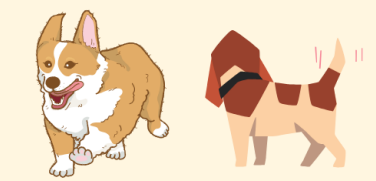


UNDERSTANDING A DOG'S BODY LANGUAGE CAN HELP PREVENT DOG BITES.

✓ Happy, relaxed

Dog is friendly and invites interactions.

- Ears back, soft eyes, relaxed, smiling face
- Level tail up and wagging or relaxed and down
- Happy Tails
- relaxed
- high and wagging quickly
- casually at 45 degrees



✗ Worried or very stressed

DO NOT approach.

- Dog avoids eye contact, body tense, tail low
- Dogs Rigid and Standing
- Dogs with hair raised on their back neck, teeth showing
- Eyes narrow, ears close to head
- Stiff tail straight up in the air



WHAT IS PARVO?

The canine parvovirus (CPV) infection is a highly contagious viral illness that affects dogs.

This virus is highly contagious and spreads through direct contact with an infected dog or by indirect contact with a contaminated object, like food or a water bowl, collars and leashes, and the hands and clothing of people who handle infected dogs.

The virus prefers to infect the small intestine, where it destroys cells, impairs absorption, and disrupts the gut barrier. Parvo in puppies also affects the bone marrow and lymphopoietic tissues, and in some cases can also affect the heart.

A puppy with parvo is a very sick dog. The sooner you catch the early signs of the virus in puppies, the sooner you can get your dog to the vet. Since parvo is common in young puppies, you should call your vet any time your puppy is feeling under the weather, but you should also be aware of the specific symptoms of parvo in puppies:

Symptoms include:

- Bloody diarrhea
- Lethargy
- Loss of appetite, weight loss
- Dehydration
- Vomiting/Fever
- Weakness
- Depression

Treatment:

This is a viral infection with no known real cure. The Parvovirus treatment is focussed on curing the symptoms and also preventing secondary bacterial infections. This is also preferably done in a hospital environment. The key to recovery is intensive therapy and systemic support.

Why do I need to Vaccinate my Pet?

Vaccinations help protect your pet from potentially serious and fatal diseases. Vaccination can help avoid costly treatments for preventable infectious diseases. Vaccination prevents diseases that can be passed between animals and from animals to people. Unvaccinated pets are at risk from life-threatening diseases found in wildlife, such as rabies and distemper.

Recommended vaccinations - Core v. non-core vaccinations:

Core vaccines should be given to ALL dogs and puppies. Non-core vaccines are given based on lifestyle and where you live/travel. Core vaccines include:

DHP (also called DAP) – stands for Distemper, Hepatitis (or Adenovirus-2), and Parvo and are usually combined.

- **Canine distemper** is caused by a highly contagious virus that is spread through the coughs, urine and feces of infected animals. Puppies are the most susceptible.
- **Canine parvovirus** is a highly contagious and often deadly virus that's spread through the feces of infected dogs. Carriers of the virus often display no symptoms.
- **Rabies** is a disease affecting mammals that is caused by the rabies virus. Rabies poses a particularly serious threat to public health because it can be transferred between humans and animals.

Non-core vaccines are important, but not needed for all dogs. Vaccines in this category are:

- Parainfluenza – often combined with DHP. Affects puppies and older dogs most severely. Spread through nasal secretions, the virus causes a range of symptoms such as fever and coughing and can progress to potentially fatal conditions such as pneumonia.
- Leptospirosis – can be given separate or combined with DHP or DHPP. 2-vaccine series needed initially, followed by an annual booster.
- Bordetella – can be given intranasally, orally, or injectable. Route and interval to be determined by your veterinarian.
- Canine Influenza – 2 strains (H3N2 and H3N8), 2-vaccine series needed initially, followed by an annual booster.
- Lyme – 2-vaccine series needed initially, followed by an annual booster.

How often and at what age should your pet get shots?

A vaccination schedule can start as early as 6-8 weeks of age. How often your puppy needs shots will depend on the advice of your veterinarian.

Speak with your veterinarian, who will be able to advise you on the choices of vaccinations and timeline.

All about Rabies

Rabies is a fatal viral disease that can affect all mammals, including humans.

What is Rabies?

Rabies is a life-threatening disease in people and animals caused by a virus, which infects the brain. Infected animals can pass rabies to people through their saliva, usually from a bite. In Saskatchewan, foxes, skunks and bats are the animals most likely to transmit rabies. Cats, dogs and other pets that have not had their rabies vaccination are at risk of being infected.

What are the symptoms of rabies?

In people, infection begins with symptoms such as a fever, cough or sore throat. The disease rapidly progresses to symptoms such as restlessness, hallucinations and seizures. The final stage is coma and death.

In animals, signs may include drooling, problems swallowing or sometimes foaming at the mouth, and paralysis. Animals may act differently. Wild animals may move slowly or act as if they are tame. Pets that are usually friendly may snap at you or may try to bite.

How is rabies treated?

There is no cure for rabies. A series of needles can be given after an animal bite to help prevent rabies. If you have been bitten by a pet, the need to have the needles can be avoided by keeping the animal for observation for 10 days. Only if the animal becomes sick would you need vaccination urgently.

How can rabies be prevented?

- The best defense is to vaccinate your pets against rabies.
- Do not let your pets run loose. Keep your pets fenced or on a leash.
- Teach children NEVER to approach unfamiliar pets, strays or wild animals.
- Teach children to avoid animals that are eating, caring for their babies or appear sick.

Are some bites riskier than others?

Bites where an animal was acting like an animal and the human encouraged it to protect itself are considered less risky and are called provoked bites. These might happen due to:

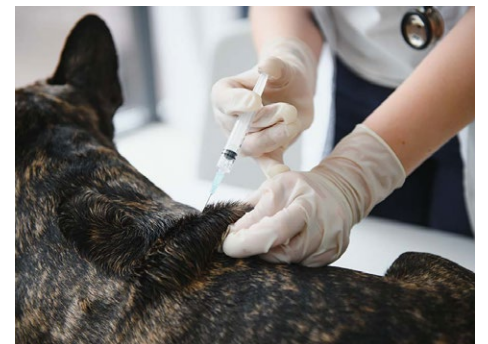
- Beating an animal
- Stepping on or bumping into an animal
- Taking babies from their mother
- Interfering in an animal fight
- Trying to touch a frightened/injured animal.
- Entering a yard that is guarded by a dog
- Feeding or getting too near an animal that is eating
- Teasing an animal
- Walking past an unfamiliar animal
- Riding on an animal
- Pulling an animal's ears or tail
- Making a loud noise such as riding a ski doo, playing loud music, or children playing loudly

Riskier bites or bites that require immediate attention are those considered **unprovoked**. Unprovoked bites may be because the animal is not behaving normally and is sick. An unprovoked bite might be from an attack for no reason or a bite from your own pet where the pet doesn't have a history of being aggressive.

What should you do if you have been bitten?

ANY ANIMAL THAT HAS BITTEN SHOULD BE KEPT ALIVE AND WATCHED FOR 10 DAYS

- Let the area bleed and then wash with soap and water. Do not kill the animal.
- If the animal must be killed, do not shoot it in the head because the brain will be needed for testing to see if the animal had rabies. If possible, hold the animal for observation for 10 days. If the animal has rabies it will die within 10 days. If the animal lives, it does not have rabies and



the needles are not needed.

- Get as much information about the animal as possible... Who owns the animal? Where is the animal? Was this a provoked attack?
- See your Community Health Nurse or a Doctor if the bite wound is bad, painful or seems infected (hot to the touch and very red).



3-Ingredient Peanut Butter Banana Dog Treats

Total Time: 45 minutes
Yield: ~40 cookies

Ingredients

- 2 cups oats (old fashioned, 1-minute oats, or instant), plus more if needed (see step 3)
- 2 medium ripe bananas
- ½ cup natural peanut butter- regular peanut butter has added sugar that is harmful to dogs

Instructions

1. Preheat your oven to 300F (150C). Line a baking sheet with parchment paper.
2. Add oats to a food processor or coffee grinder and grind to a fine powder like flour. Add the bananas and natural peanut butter and blend till it's a sticky dough.
3. Take the mixture out of the food processor and roll out on a lightly floured surface. (Use whole wheat flour or more ground oats). Use a cookie cutter or knife to create cookie shapes.
4. Put the treats on the prepared baking sheet and bake for 25 to 30 minutes, until the treats are puffed up a bit, dry and dark brown on the bottoms, (they will still feel soft when first removed from the oven).
5. Let cool before giving one to your pup. Store in an air-tight container at room temperature for up to 1 week, in the fridge for up to 2 weeks, or in the freezer.



Northern Inter-Tribal Health Authority
2300 - 10 Ave W Prince Albert, SK.
Canada S6V 5S4
Tel: 306-953-5000



Connect with us!



www.nitha.com



Find us on 

Healthy Dogs 4 Healthy Communities Newsletter 2024 - 1st Edition

When dogs are healthy the community is healthier physically (members are able to walk safely for exercise which improves health), mentally (physical exercise helps mental health and there are fewer arguments between community members/neighbors), financially (fewer unwanted animal pregnancies and injuries save community members vet bills and food costs, nurses are able to use their paid time to assist with vaccine clinics or other health promotion or life saving activities instead of being out trying to locate biting dogs).

Let's work together for a healthier community!