

PrairieLand News

STANDARD SCHNAUZER CLUB

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June 2020

OFFICERS AND BOARD MEMBERS

PRESIDENT:	Connie Reidner	E-Mail creidner@msn.com
VICE PRESIDENT:	Marsha Landers	E-Mail jmlanders3@yahoo.com
SECRETARY:	Lynne Conder	E-Mail lynnejack99@frontier.com
TREASURER:	Kathy Koehler	E-Mail katonss1@frontier.com
BOARD MEMBER:	Gwen Kirman	E-Mail kirmangj@aol.com
	Don Kachur	E-Mail dskachu@ilstu.edu
	Diane Kachur	E-Mail kachurdm@hotmail.com
NEWSLETTER EDITOR:	Kathi Dvorak	E-Mail himeldad@aol.com

NEWSLETTER PUBLICATION SCHEDULE

<u>Copy Deadline</u>	<u>Publication Date</u>
February 7	February 15
April 7	April 15
June 7	June 15
August 7	August 15
October 7	October 15
December 7	December 15

A REMINDER TO ALL MEMBERS:

Please advise our secretary, Lynne Conder, of any changes to your address, phone or e-mail address. We don't want you to miss any of the PrairieLand newsletters!

MARK YOUR CALENDAR . . . CLUB MEETING DATES FOR 2020

- January 15, 2020
- March 18, 2020
- May – TBA (watch for e-mail notification)
- July – TBA - (annual picnic)
- September 16, 2020
- November 21, 2020 (in conjunction with the Festival of Trees)



NEXT MEETING

The next PSSC meeting will be determined at a future time. . . watch for an email notice. Please see information elsewhere in the newsletter.

PRESIDENT'S MESSAGE



When life gives you lemons, make lemonade!

Hi Everyone,

Hope this note finds all of you healthy and safe. I don't have any important news. Like you, we have gone out only for groceries or other needed necessities. We are enjoying Spring. . . my flowers and garden are planted. The fuzzy faces love being outside most of the day. Sunshine and fresh air perks everyone up, animal or human. Keep washing your hands, wearing your masks, and continue social distancing.

Your President,

Connie Reidner



PSSC MEETING MINUTES

No meeting in May, therefore no minutes for this newsletter.

PICKLES





SPECIALTY

Normally this issue would be filled with information about the recent annual PSSC specialty over Memorial Day weekend. COVID 19 had other plans for all of us. . . the shows were cancelled. Every attempt was made to try to postpone the cluster, but the Interstate Center is very popular and had no feasible openings (unless we wanted to celebrate Christmas at a dog show. . .)

All of the plans for 2020 have been postponed until May 2021. (At least we don't have to make trophies next year – they are mostly already done!). We are exploring a couple

of options to modify the sweepstakes plans – we have been in contact with AKC to determine what can be done. Our judges will be the same as planned for 2020 – almost the entire panel was available for the next year. We are planning for an extra special weekend – so put it on your calendars and plan to be in Bloomington May 28-31, 2021!! (and while you are at it, make a note to join us in 2022 for our big anniversary specialty!!)

NEXT MEETING

Our next meeting is supposed to be our picnic in July. We will have to wait until we know what restrictions are still in place at that time before making a final decision about holding the meeting. If we are able to get together, it will probably be Saturday, July 18 (Saturday, July 25 as an alternate possibility). Watch your email for our decision and details.



We hope that everyone has been able to stay safe and healthy in these crazy times. Our world will never be the same – and we all need to work together to move forward.

6 WAYS DOGS ENRICH OUR LIVES

by PetFirst Pet Insurance

Thanks to Don Kachur for submitting this!

Dogs are loyal, devoted companions who both challenge us and delight us daily. Of course, dog ownership has its struggles: potty training, excessive chewing, and puppy nips will undoubtedly test your patience, but surely we can agree that it's all worth it in the end! Let's take a closer look at some of the amazing ways that dogs leave pawprints on our hearts.

They Make Us Laugh

There's no room for the blues when you have a playful pup at home! Dogs always seem to find ways to make us giggle, no matter how heavy our mood may be. Whether they're making silly noises, sprawled out in a comical position, or just acting goofy in general, dogs are experts at turning our frowns upside down!



They Hold Us Accountable

You may have noticed that your dog has an incredibly accurate internal clock. They are creatures who thrive on a routine, which means we need to abide by that routine too. It doesn't matter how busy we get, Fido helps remind us when it's time for dinner, walks,

potty breaks, or snuggles. Whatever else we do with our daily needs to work around our pups' needs. Sure, sometimes it's a challenge when we have to race from the office back to home in time for our dog's potty break. Other times it's a blessing when we can slip out of a social obligation because our pup needs us!

They Offer Us Unconditional Love

Dogs are loyal and devoted companions. One of the most beautiful aspects of owning a dog is that they shower us with unconditional love. It doesn't matter how tough your day was, or how stressed we are, coming home to a warm, wiggly pup with smiling eyes will always bring us joy!

They Help Us Appreciate the Little Things



Sometimes it's easy to become jaded by the tedium of everyday life. There are times when our routines may become monotonous and we feel that time is literally just ticking by. But just as our existential crisis mounts, we'll notice our dog chasing his shadow, befriending a beetle, or turning a piece of fluff into a fascinating toy. Then suddenly we're back on earth and loving these simple little moments.

They Relieve Our Stress

Our lives are busy and demanding, and it's so easy to let all of our responsibilities weigh on us. Are we doing our best at work? Do our families need more from us? Our dogs help bring us back down the earth. Those puppy dog eyes remind us that we are loved and help cheer us up when we're feeling low. Their unwavering affection enables us to set our worries aside, even if just for a moment.

They Keep Us Moving

Exercise is important for us and our pups. It helps us stay fit, improves our moods, and allows us to clear our minds. Of course, that doesn't always mean we're in the mood for it. Fortunately, our dogs don't let us skip walk time! And, even though we may not be keen on it in the beginning, we never regret spending time outside with our fluffy pals!

There's no question that dogs bring incredible joy to our lives. When was the last time you took a moment to think through everything your dog offers you? Don't forget to give your dog a good snuggle today and thank him for being such a faithful pal

Lynne Conder found this. . . the owners built a bone-shaped pool and deck for their dog!
Humm, wonder if I can talk Roy into doing this for our guys ☺



HAPPY FATHER'S DAY

Schnauzer Dad



AKC VIRTUAL PILOT PROGRAMS

Pilot programs end at Midnight, December 31, 2020

AKC Rally Novice

“During this time of necessary social distancing, we want to give our beginner AKC Rally® exhibitors a reason to continue training their dogs and to stay engaged with the sport of Rally. The AKC Rally Novice Virtual pilot program will provide these exhibitors an opportunity to stay-at-home and enter an AKC Rally® event.”

<https://www.akc.org/sports/rally/rally-virtual-entry-pilot/>

AKC Agility ACT 1

AKC also wants to provide those with dogs that are ready to test their agility skills a way to try the sport of ACT Agility locally. The AKC Agility ACT 1 Virtual pilot program will provide exhibitors an opportunity to stay-at-home or use their local training site and enter an AKC ACT 1 event.

<https://www.akc.org/sports/agility/act-program/act-virtual-program/>

AKC Tricks

“In response to COVID-19, the AKC has opened up the Trick Dog titling program to be accessible via submission of videos which are reviewed and approved by CGC evaluators. This time of social distancing is the perfect opportunity to get your dog involved in the Trick Dog program. Under the new rules, AKC trick titles can be observed and earned digitally.”

<https://www.akc.org/sports/trick-dog/>

For more information on AKC titles and programs you can do from home, please visit:

<https://www.akc.org/expert-advice/sports/akc-titles-programs-can-home/>



Alicia and Don Farage from Tennessee checking in. . .

It's certainly been an interesting Spring. Keebler and Zing keep us on our toes. In the last month Zing has had interactions with squirrels, a raccoon and a possum. Keebler's not sure that he understands but is trying to learn. (Thankfully Zing missed the snake and turtle.)

Don is preparing to retire at the end of June and he has started bringing home some items from his office. He brought home these pictures this week.



Kaysee was our first Standard Schnauzer that we brought home in 1991. BTW, I'm still amazed that Bill let us leave Bloomington without a crate for her, but that's another story.

We knew nothing about Standard Schnauzers or dog shows but we learned quickly. Don learned to do coat work and grooming by phone. These pictures are from the fall of 1992 when Kaysee finished her championship by winning 2 majors even with her very novice owner/handler.

I met Penny and Kathy in Little Rock that weekend. As they were helping me groom Kaysee for the ring, they noted that her toenails needed attention. I mentioned that she really fought Don when he tried to do them. I was patted on the shoulder and told "It's be no big deal, it'll be easy". I then went to wait outside as they thought that it'd be easier without me nearby. A few minutes later a guy came out the door and asked if I had a Standard Schnauzer. When I replied 'Yes', he said 'they want you inside.' I walked in to see 5 adults trying to keep Kaysee still enough to have her toenails done and they needed another set of hands. I just wish that I had a picture of that! It should be noted that Kaysee was still fighting having her nails done when she was 16+ years old.

We have so many memories of our Standard Schnauzer journey and looking forward for more!

Lynne Conder writes. . .

Today I hit the height of Covid craziness – I trimmed my hair with Kody’s dog clippers! Didn’t turn out too bad, although doubt I’d get a BIS. My husband Barry suggested I let my hair grow. Uh no, I don’t do long(ish) hair unless I want to look like a walking giant tumbleweed!

Kody’s latest at-home amusement is being positive there is something living under our backyard shed – darn nosework training! This week we also just re-started C-WAGS nosework league competition. We’re currently working on the Ranger levels where the dog works independently off-leash, “ranging” 8-12 feet away from the handler, while the handler remains behind the start line. Kody seems to enjoy this challenge. There is also a trial in late August we hope to get into.

With more available time, our summer stay-cation “entertainment” will be gardening. Here is 1 of our garden boxes so far this season, 4’ x 8’, hip height. Just enough to enjoy for our own fresh veggies and herbs – yum!

Find something positive to enjoy each day.
Be careful, stay well everyone!



Thank you Lynne for these two helpful links:

American Veterinary Medical Association

Tornadoes, hurricanes, floods, fires, blizzards, terrorism . . . no matter where one lives, no one is immune from a potential natural or man-made disaster disrupting our lives. Most of us have probably given very little thought to what we might do if displaced by a disaster, and even less to what we would do with our pets. Dr. Heather Case talks about incorporating pets into a disaster preparedness plan.

<https://www.youtube.com/watch?v=Q9NRJkFKAm4&feature=youtu.be>

FEMA

A unique instructional video containing information for pet owners and suggestions for proactive pet emergency preparedness.

https://www.youtube.com/watch?v=aUbSF_S20bE

When we look back over our years in PSSC, we have many wonderful memories from the Specialties in Bloomington. Prairieland always puts on a really good show with something for everybody who attends. We have always enjoyed the relatively short drive - some weekends we didn't even book a room, but just drove back and forth each day for the chance to see so many people who became our friends - friends who returned year after year. Helping set up Barn Hunt with Connie Reidner, and joining in a Tracking workshop with Harvey Mohrenweiser were fascinating experiences.

We particularly remember 2008, the year that Mickey really came into her own as a show dog, winning BOS every single day to a different BOB winner each day. Charlie won his Veteran Class that year, so we had lots of photos and prizes to bring home that year.



Mickey



Tommy

That was, I believe, also the year when I discovered if I had been savvy enough to enter Mickey for Dog of the Year, she would have actually been in the top ten! Since she so often went BOS (rather than BOB), it just didn't occur to me that she had a chance. Kathi Dvorak told me later, based on the entries that year, that Mickey would definitely have made the top ten. We really weren't used to that sort of high flying (we only showed for the fun of it and didn't keep track of our standings in terms of points), but I will always regret my naivete. The next year, 2009, in Pittsburgh, Mickey actually earned an Award of Merit from the Veteran Class under Judge Pat Trotter! That was a real thrill for us!

In 2010, when our beloved Charlie was on his last legs, Mickey and I stayed in a motel in Bloomington; John drove over in the mornings to show her, and then drove home each night to take care of Charlie. That was also the year that Georgia Sabean brought Tommy to us from Virginia, and he spent most of each day in John's lap at ringside before he came home with us at the end of the weekend. We also got to reconnect with Shamus, one of Charlie's puppies, a Veteran by then and living in Texas with the Roland and Trish Steubner.



John and Tommy

Each year's Specialty left many good memories, and the Awards dinners and auctions were always fun and exciting, but 2008 and 2010 were particularly pleasant and meaningful for us.



Connie Reidner checks in. . .

Quarantine - Furry commotion results in new title!
It has been quite boring here at the ranch – everything in its corral.
But!!!!!!!!!!!!!!!!!!!!!! - Be careful about saying the word “boring”.

One lazy morning, much too early for me, a fuzzy face lays her beard on my face. If you have ever had that happen, beard hair up your nose awakens you in a split second. Yep, it's Pinkee, my less than 2 year old. It's not the old one, Pibbee, my less than 10 year old, because she just backs up and sits on your face to wake you up. When these two think they have been given a mission, there is no sleeping in for anyone.

I slowly get up (my tail is not wagging at 100 miles an hour). I let them out and proceed to the dishwasher to get the royal highnesses breakfast. I look up as Pinkee grabs a squirrel off the fence. Pibbee has spent nearly 1 ½ years teaching her to hunt. Pibbee hasn't gotten to the chapter on dispatching animals. Pinkee has it by the middle and is shaking it like crazy. It's screeching and Pibbee is telling her to grab it by the head. Pinkee takes off running with it and Pibbee grabs it by the head. I hear a fuzzy face squeal. I take off running at that point. The squirrel is deceased. I check each dog for wounds. Sure enough, Pibbee has a small hole on her lip. Pibbee says, “it's ok Mom, quit worrying.” Sissy has her first squirrel kill and a new title. Now I have to give her the lesson on dispatching animals by the head.

I grab both girls for their squirrel bath, wash mouth inside and out, wash out wound with peroxide, able Neosporin to tiny hole in upper lip and call VET to see if there is anything else to do.

Fine day, new title – Squirrel I for Pinkee!!!!!!!!!!!!
Never say you're bored in a house with Standard Schnauzers!

H A P P Y F O U R T H O F J U L Y



STAYING HEALTHY!

1 CUP A DAY WILL KEEP LUNG PROBLEMS AWAY

Dr. Alan Mandell, DC

“The act of breathing involves bringing oxygen into the body, a necessary step in keeping our major organs functioning as they should. An individual who fails to receive sufficient oxygen is bound to suffer a range of significant health problems, including serious respiratory illnesses and heart disease. Combining these medicinal healing herbs will detoxify and strengthen your lungs, and boost your immune system.”

A 5 minute video can be viewed at:

https://www.youtube.com/watch?v=NNRnsdHM9g&feature=youtu.be&fbclid=IwAR1BePmNZIFNEAoBAViBU76KyLJ_mIQYFptvlinSCW249FGZPTThPSErhad8

INGREDIENTS

1 Bag of Green Tea
1 Cup or Mug (8-12 Ounces Water)
½ Lemon
¼ - ½ tsp. Ginger Powder (or 1 Inch juiced)
1 Mint Leaf
Dash of Cayenne Pepper
Little bit of Honey (Monk Fruit/Stevia)

Kathi Dvorak writes. . . this recipe was first posted on a friend’s FaceBook page. She had just lost her husband to COVID-19 and was now suffering at home with the virus. She found this information and started drinking a cup a day. Much to her surprise, she started feeling MUCH better (something she could not say even on the oxygen they gave her to use)! Roy and I drink a cup a day. Roy says that it is easier for him to do hills when we are walking. A dear friend of ours has asthma and she has been drinking it for over a month, too, and says it has made a difference in her breathing. This isn’t scientific proof but good enough for me. It tastes great (I am not a tea drinker) and certainly isn’t going to hurt you.

Another thing I started doing about 5 years ago, to stay healthy, is rub Thieves essential oil on the bottom of my feet at night before I go to bed. I am probably going to jinx it, but I haven’t been sick (not even a cold) since I started doing this.

What is Thieves? Thieves essential oil blend is a powerful combination of Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, and Rosemary oils that fill any space with a rich, spicy aroma (that smells like fall baking). I purchase mine on-line from *Young Living*. Thieves is a powerful essential oil blend that may help support healthy immune function and contribute to wellness. Several of the oils found in Thieves have antimicrobial properties. This means they may help kill bacteria, fungi, or viruses when people use them topically on their skin or small cuts and wounds. It is one of *Young Living’s* most popular products. . . it’s no wonder that Thieves is included in so many of their home cleaning and personal care products. It is a key ingredient in Thieves Cleaner, Thieves Waterless Hand Purifier, Thieves Wipes, and Thieves Foaming Hand Soap. You can find more information at:

https://www.youngliving.com/en_US/products/c/thieves

Marsha Landers sends us an update. . .

Hope everyone is staying safe and sane in these trying times. We haven't killed each other yet so I believe we are still sane. Anna (Katon's Here we go Again v Morgenwald) and I have been working in the garden and yard. Well, I work in the garden and yard. . . Anna is usually looking for squirrels. When she's not on squirrel duty, she is frog hunting around our pool. Joe started tracking with her last fall and winter. She is catching on very quickly. He will start back up when temps cool off later in the year. Can't wait for him to get her tracking title. Joe has continued to train his 2 labs and keeps the lawn mowed. We sure do miss the dog shows and hunt trials and especially seeing all our friends. It will feel like a party when we all get together again. Take care everyone and stay safe.



Frog watch duty.
I know I saw one last night.
Bet dad beat me to him.



Where did those squirrels go!!
Mom is always pulling trees out of the yard
from planted acorns.



Have to alert mom when
there's a rabbit in the yard.
They eat her flowers



Anna tracking last winter.



Squirrels couldn't get away
from her this morning.
One down and 6 to go.

QUARENTINE TALES

From Penny Duffee and Kathy Koehler

“Flash” spent almost a month in “double quarantine” He was running in the yard with one of his younger sisters – and he came back to the house leaving a trail of blood behind him! Turned out he had pulled off a front toenail somehow. Had to go to the vet – came home with a big, fat white foot – which he didn’t think worked very well. He hobbled around and tried to get the white “cast” off. The fat foot came off after a few days – but he would not quit licking the foot. As they say. . . “it’s all fun and games until someone ends up in a cone!” Put on a blow up collar – he could reach the foot. Cone was not big enough – he could still reach his foot. Our vet had a new flat disc collar – he could still reach his foot. The neck size on the next larger size disc was too big and the disc could slide over his head. SO. . . in desperation we ended up with the larger disc combined with the blow up collar to keep it on. He was not impressed – but it worked!! It took over 3 weeks before he could be “naked” and not bother his foot – not sure if it was harder on Flash – or us!!



Blue disc was not enough. . .
Flash could still reach his foot.



Added a second collar – success!
Flash now has a nice long neck.



Roar-E continues a 4 generation line of diggers – here she is pictured in her latest “mud facial” as a result of digging for moles. Living in the woods provides lots of excavating opportunities for the vermin-hunting Schnauzers. During the quarantine Roar-E pursued a mole across the yard, dirt flying. . . leaving a trench behind. When the mole got to a railroad tie, it made the fatal mistake of popping up out of the ground to have a look around. Wham! Roar-E had her first kill – quick and easy! But the side effects included a good mud facial ! 4 generations of deep diggers – great grandma Liv-EE, grandma Pia, mom Elin. . . that apple didn’t fall far from the tree!!

During the extended time at home, we have been watching some special birds in our yard. Each Mother's Day we always have a Baltimore Oriole show up for a couple days. But this year we have had 2 pairs, who are still with us (maybe the new grape jelly feeder has bribed them to stay!) One day a Scarlet Tanager passed thru – but unfortunately he didn't stay. We also have a deep blue Indigo Bunting who flits around the back yard periodically. One day we had a young Coopers hawk perched on the garage deck railing for about a half an hour... they are frequently sailing around the field in front of the house but rarely are they close to the house. Three of our wren houses are occupied – love their serenades! The sunflower feeder is a favorite dining place for Rose-breasted Grosbeaks, tufted Titmouse, Chickadees and Nuthatches. We also have a pair of "giant sparrows" (haven't been able to identify them so far- wish Bob Weigel was still around – he would know what they are!) All these interesting feathered friends are joined by the more common sparrows, Blue Jays, Cardinals, hummingbirds, woodpeckers, etc. So living in the woods does have some special benefits – especially when you are stuck at home for a while!



Pair of Orioles



Scarlet Tanager



Hawk

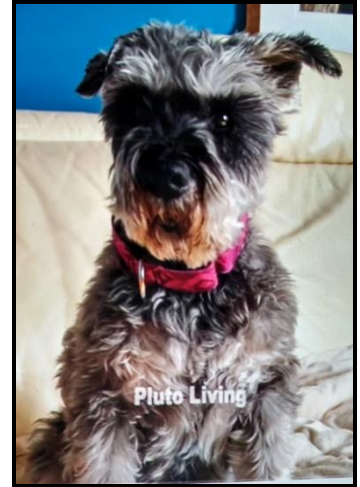


Unknown birds ("giant Sparrows")

Pluto Videos

Kathy Koehler discovered a very entertaining series of short videos featuring an animated talking Mini Schnauzer named Pluto. The owner is Nancie J Waight, a comedian and wildlife photographer from Montreal, CAN. She has produced some interesting, entertaining commentaries – mostly focusing on the COVID-19 situation. On a down day, these videos can be a real “pick me up.”

You can find the videos by typing “Pluto Living Dog” in your internet search engine. There are 2-3 per week – and the terminology Pluto uses is unique to say the least! You need to check out these Pluto videos!



G R E A T B I G H A P P Y B I R T H D A Y W I S H E S g o o u t t o



7-9

Pat Lombardi

8-9

Jon Rosenberg

8-20

Barry Conder

8-21

Ron Reidner

8-22

Suzanne Rosenbert

8-25

Alicia Farage

If you failed to include your birthday with your renewal, please drop an email to Kathy Koehler KatonSS1@fontier.com so she can add you to the list.



Kathi and Roy Dvorak from Colorado checking in. . .

Let me just get this off my chest. . . I cannot believe anyone says they are “bored” staying at home. I have had a great deal to do! ☺

Besides walking every day (almost 1,000 miles thus far this year), trying to keep the kiddos groomed, doing some extra house cleaning, getting SSCA Annual Awards completed (with the National Specialty being cancelled, I will have to mail everything), doing a 6 week on line training class, participating in a Memorial Day dog training conference via the internet, working on tricks to submit for titles and running out only when necessary, things have been busy. In the last few weeks, activities have started back up with smaller class sizes, masks, and social distancing. The kiddos are happy to be back to agility classes and weekly swimming.

Roy continues to enjoy retirement. . . he finally has time to complete projects he has wanted to do. He has also found a renewed love for photography with the camera my Dad bought us for Christmas and loves photographing birds and of course, the kiddos.

At this point, we have no travel plans but know we really need to get to CA to see my Dad (who will be 90 in August). Agility trials are starting back up, but for now, I am going to pass on those until I feel a bit more comfortable with the direction things are going.

Here are some pictures I would like to share that Roy took during our “lock down”.

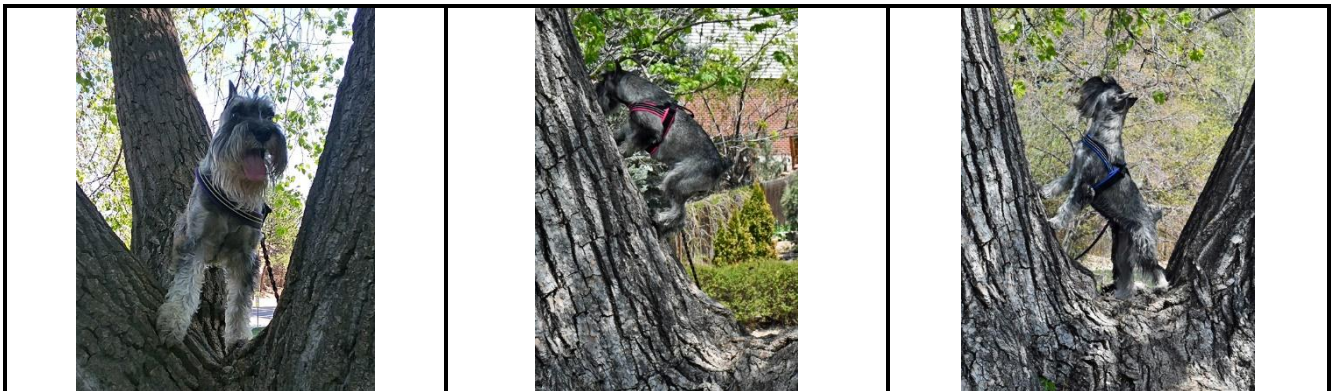


There have been a couple fly-overs to celebrate the hospital workers. The picture on the left is the Blue Angels . . . the right was a fly-over of vintage planes. Really cool!



These are some of Roy’s “trolls” that he has built out of stuff around the house. They are on our fence that faces the canal road. Everyone who walks the path gets a kick out of them. So many smiles and picture taking. (That is SS hair on the far left one!)





Stay Healthy. . . Stay Pawsitive



Pet Planning for COVID-19

Take time now to **make plans and prepare your pets** in case you need help caring for them due to COVID-19. For a downloadable guide you can complete to help with emergency planning for pets, see NYC Emergency Management's Pets page: <https://www1.nyc.gov/site/em/ready/pets.page>

Make a Plan for Your Pet - Prepare for a Human Health Emergency

- Designate a trusted pet caregiver (family, friend, neighbor, colleague). Your identified caregiver should have a set of your house keys, be familiar with your home and pet, know your emergency plan, and have your contact information.
- Record important information about your pet so that you can easily access it during an emergency.
- Put together a Go Bag for each pet with basic food, supplies, medicine, identification, a list of emergency contacts, your veterinarian's contact information, and vaccination proof.
- Keep a collar/harness, leash, and your animal's Go Bag in a place where it can be easily found.
- Have crates, food and extra litter and other supplies on hand for quick movement of pets.
- If you have neighbors who are self-quarantined or otherwise in need of help, offer to walk their dog or take pets for routine visits.
- Talk with your local veterinarian, kennel, grooming facility, or other potential boarding facilities to see if they can offer safe shelter for your pet during a health emergency.
- Update animal vaccines (Rabies, Bordetella) in the event boarding becomes necessary.
- If your pet is on medication, ask your veterinarian for an extra supply.
- Ensure all medications are documented with dosages and administering instructions.
- If you do not have a yard, be sure to have extra cleaning products and newspaper/puppy pads on hand if you cannot leave your home to walk your dog.
- Clean and disinfect objects and surfaces you touch often.

Ensure Proper Identification

- Dogs and cats should wear a collar or harness, rabies tag, and identification tag at all times.
- Identification tags should include your name, address, and phone number, and the phone number of an emergency contact.
- Make sure your pet's microchip is registered and up to date.

Veterinary Care

- Refrain from physically visiting your veterinarian for routine or non-urgent issues during this time.
- Call your veterinarian ahead of time to confirm if your pet is experiencing an emergency.

If You Are Sick with COVID-19

- If you are sick with COVID-19 (either suspected or confirmed), the CDC recommends that you restrict contact with pets and other animals, just like you would around other people.
- When possible, have another member of your household care for your animals while you are sick.
- Avoid contact with your pet including, petting, snuggling, being kissed or licked, and sharing food.
- Wash pet bedding, leashes, collars, dishes and toys the same way you would clean other surfaces in your home.
- If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them.
- For more information visit: "What to Do if You are Sick" <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

For the latest updates, please visit www.amcny.org/Coronavirus