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SUPPORT FOR PETS DURING COVID 19



As the coronavirus pandemic wears on, one thing is clear: Many of us are turning to pets to help us endure this challenge.

In fact, as people remain stuck at home, the demand for adopting or fostering pets, particularly dogs, has risen worldwide, from Canada to India.

While the health benefits of having a pet are well known—from lowering blood pressure to reducing stress—the relationship is complex, and how pet owners and their pets are coping amid lengthy lockdowns is an open question.

While some seem to be having a good time, as much as possible, there have been increasing number of concerns from pet parents regarding their pets' welfare. Pandemic restrictions are making pet owners concerned for their pets' well-being. Not only that, but some pets are exhibiting signs of stress, such as increased barking, fear of loud or sudden noises, and anxiety when at home alone.

Here are some tips for the struggling pet parents, to keep your pet safe and happy during quarantine.

1. Stick to Their Routine

Your routine has likely been disrupted in some pretty significant ways. In times like these, it can be tempting to let your pet's routines fall to the wayside, too. She also reminds us that continuing to ask for good manners, like sitting before going through a doorway or not begging for table scraps, is another important way to maintain consistency in your pet's routine.

2. Be Intentional About Rest Time

Your pet may be used to having time to himself while the family is away, so try to give him plenty of rest time throughout the day.

3. Let Them Chew It Out

For those conference calls, homeschooling sessions, or just moments when you need some rest, it can be helpful to give your pet a long-chew treat to help keep him entertained.

If your pet has a tendency to scarf down his treats, Kongs and other sturdy toys can be filled with peanut butter and then frozen for a longer-lasting distraction.

4. Exercise, Exercise, Exercise

Keep nerves in check and channel nervous energy into a productive outlet—exercise. Staying active during this time is as beneficial for you as it is for your pet. “This will encourage your pet to follow routine, while also providing physical and mental stimulation, as well as promoting the human-animal bond.”

5. Play Some Mind Games

Another great way to tire your pet out is with mental stimulation, like teaching them a new trick or two! Have you always wanted your dog to be able to roll over or for your cat to dance? Now is the perfect time for those lessons.

You can also use feeding time as a way to mentally enrich your pet's day. Scatter their food around the house and let them use their sense of smell to find it, or incorporate a puzzle toy into feeding to give them a little mental challenge.

6. Be a Considerate Roommate

Nobody appreciates a roommate who is always making noise, and your pet is no exception! Now that you and your pet are spending a whole lot of quality time together, be mindful that pets can hear a lot better than us—and try to keep excessive noise to a minimum.

7. Get Kids Involved

If you have kids in your home, get them involved in keeping your pet happy and healthy indoors. Now is a great time to reinforce good pet etiquette and help kids understand pet body language. It can also be fun to involve pets in your child's learning.

8. Stick to a Healthy Diet

You may be indulging in boxed mac and cheese and one too many brownies these days, but that doesn't mean your pet can't stick to their healthy diet. If you're feeding your pet more treats than usual to reward them for being such a great companion (because let's face it, they deserve it!), keep in mind that no more than 10 percent of a pet's daily calories should come from treats.

9. Create a “Safe Spot”

Your pet may need some personal space to feel safe and comfortable during a time when there are suddenly more people around. This is especially true for cats, but dogs can benefit from having a designated “safe space” as well. This helps little pet lovers understand that pets who are in their special place are to be left alone until they are ready to play.

10. Get Creative!

To keep pets occupied and happy during a time when venturing out for new toys isn't feasible, Dr. McGowan recommends thinking outside the box with DIY toys and enrichment.

Although, there has been no record of a pet being diagnosed with COVID-19, some preliminary evidence suggests that people can transmit it to some pets, as a handful of pet cats, tigers and dogs have tested positive.

So, here we have a few things for you to keep in mind to make sure your pets are healthy.

- **If you haven't contracted the virus:**

- Always wash your hands before and after interacting with your pets, whether you are sick or not.
- Keep cats indoors and walk your dogs on leashes only. Stay away from dog parks.
- While outdoors, do not let your dog interact with other dogs, even if they know them. Keep the animals 6 feet apart.
- Keep collars, leashes, carriers and any other pet belongings clean and away from other peoples' pets.
- Clean-up after your dog's when walking them.

- **If you have contracted the virus and/or are in home quarantine:**

- If you are sick, restrict your interactions with them if possible, including having someone else take care of your pets, if that is feasible.
- If you test positive for COVID-19, self-isolate away from your pets, along with other family members.
- If you are sick and/or test positive for COVID-19 and you must take care of your pets, wear a face mask when interacting (feeding, refilling water bowls, walking) and limit interactions. Do not hug, kiss or pet; do not share food, towels, clothing or a bed with your pets.
- Do not let other, non-family members interact with your pets.
- Contact your veterinarian if your pets are sick. If you are sick and/or test positive for COVID-19, call your veterinarian ahead of time to figure out a plan and have someone else take your pets to the veterinarian. At this time, routine testing for COVID-19 for pets is not recommended or offered; so, if your pets are exhibiting any signs that could be secondary to COVID-19 (nasal discharge, sneezing, coughing, difficulty breathing, vomiting, diarrhea, fever, lethargy), your veterinarian must rule out other, more common causes or diseases first. If tests for other diseases come back negative, your veterinarian will work with local, state and federal animal health and public health officials to determine if your pets should be tested for the virus.

If you have contracted the virus but have to be admitted in the hospital, leaving your pet, you may as well contact the police or any pet boarding with your request and they will help you out. Along with pet boarding.

Click the link to get details of pet boarding's in Bangalore

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During this time of war with the COVID virus, many people have succumbed to its evils and left their pets all alone. Many pets who are left alone have been treated poorly and left to survive all on their own. Here comes in adoption, if you see any dog, cat etc., who seems to be an abandoned pet please contact local NGO's or animal welfare Centre and let them know the situation.

Why should we have a pet? Well, this is something that everyone thinks before adopting a pet. Pets can not only be entertaining being but they can also be a lifetime companion to us. While there are even some health benefits of having a pet – from lowering blood pressure to reducing stress. By adopting a pet, you are giving hope of light to their life. Many pets have lost their homes in this pandemic. Pet parents have become helpless to shelter them. Anyone can buy a high breed husky or shih tzu but only a few can adopt a homeless dog and shelter them.

In this time of need, please help out and reach out to the animal welfare groups and do the needful.

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Also, a major issue that we would like to bring light upon is the animal abuse In pet shops all across Bangalore. If anyone stumbles upon such an incidence, please don't keep quiet and report such acts to the authorities.

Rescue Animals Contact Helpline -

- **for Commissionerate of Animal Husbandry & Veterinary Services**

AH&VS Helpline

1800 425 0012

080 - 234 17 100

7am to 9pm

- **People for Animals Bangalore**

1. **OFFICE:**

080-28611986

080-28612767

info@peopleforanimalsbangalore.org

2. **Rescues:**

+91 99000 25370

+91 99803 39880

awo@peopleforanimalsbangalore.org

3. **Report Animal Cruelty:**

+91 70224 57222

support@peopleforanimalsbangalore.org

