

Are your pets facing
challenging situations?



HOLIDAYS



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All they need is love & Zylkene



Nothing beats a break from your normal routine! Almost everyone looks forward to holidays, but do your pets enjoy holidays as much as you do? We have compiled this handy guide to help give you peace of mind: with a little planning, all the family should be able to enjoy holiday time, even the four-legged ones.

With or without your pet?

Your first decision is whether or not to take your pet with you. Some things to consider are:



Does your pet travel well?



Is your pet micro-chipped?



How long is the journey, and is it a reasonable amount of time to have your pet in transit?



Can you safely transport your pet, yourself and your luggage to your destination?



How does your pet react to being in an unfamiliar place?



How does your pet react to new people and new animals?



Is the place where you are staying pet-friendly?



Does it have a secure place to allow them outdoor access such as a garden?



If you are holidaying abroad as well as the above:

- What are the applicable laws for your pet in the country you are visiting?
- Does your pet have a pet passport if needed, and is it in date?
- Is your pet up to date on all their vaccinations and is their parasite management in hand?
- If going by plane, will your pet cope with being in the hold, as pets coming in and out of Australia have to travel as cargo?
- How different is the climate from what your pet is used to?
- Will there be any creatures which could be dangerous to your pets that they are unused to?
- What diseases are there at your destination that could affect your pet?

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Leaving your pet at home

Sometimes taking them with you is not the best option for your pet, especially if you are going abroad. If you have any doubts at all about your pet's ability to travel or whether they will enjoy being away with you it may be better not to bring them.

If you do decide to leave them at home there are three main care options. Which you choose depends on you and your pet:



Using a pet sitter - where your pet stays at home and a sitter comes in whilst you are away.



Home boarding - where your pet goes to live at someone else's home



Kennel or cattery stay - where your pet goes to stay at a location custom designed for looking after animals.



IMPORTANT:

If you use independent professionals such as a professional sitter or home boarder, always make sure you check their references, ensure they have insurance, and meet them in advance.



Please see our Kennels and Cattery Guide for in-depth help, but the key points are:

- **Preparation is key** - give yourself ample time to choose what and who you will be using. Reputable professionals (and friends!) can get booked up months in advance.
- **Trial stay** - consider a trial stay for a day or overnight where they will be staying, or get the sitter to come and spend some time with your pet without you several weeks beforehand.
- **Give them Zylkene** - a supplement like Zylkene can help them cope with changes. Ensure you've started administration several days before you go and ensure it is continued until you get home and are back in a normal routine. Bear in mind many dogs and cats will learn to associate signs such as appearance of suitcases or pet carriers with these events, and this should be considered when deciding when it's best to start.
- **Remember your paperwork, supplements and medications** - make sure the carer has a written log of your pet's routines, needs and supplements, and can access them all.
- **Be relaxed** - when you leave, be cheerful and matter-of-fact rather than consoling, to avoid worrying your pet.

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Taking your pet with you

If you have decided to take them with you, preparing in advance is crucial, especially if you are travelling abroad.

At least two/three months before:

General preparation

- **Get a suitable cat carrier or dog crate** - most travel will require that your pet travels in a suitable carrier or crate that is safe, secure, well-ventilated and spacious, and you should familiarise your pet with it. See our Travel guide for more information.
- **Practice travelling with your pet** - use the crate or carrier on short journeys to get your pet used to travelling in it, rewarding them at every stage. Keep an eye out for signs of travel sickness, and go to your vet for advice if need be.
- **Check your travel company requirements** - make sure they accept pets, and that you know the requirements for travel of the airline, ferry, bus or train company you are using.

If travelling abroad

- **Go to your vets** - if you are going abroad, get their advice on how to prepare.
- **Check the pet import requirements for your destination** - these vary depending on the country. Many countries require that your pet has a microchip and has had their rabies vaccine at least 21 days before travel. Some countries may require treatments for ticks, fleas and/or tapeworm 24-48 hours before travel. Additionally, you will need to apply to import your pet before travelling to Australia, even for re-entry. You can find more information on Australian regulations at www.agriculture.gov.au.
- **Check the local medicine import regulations** - if your pet is on medication, make sure that you are allowed to take it with you.
- **Insurance** - check your pet insurance to see if you are covered for taking your pet abroad. If not, it is advisable to get short term cover for the trip.

At least one month before for all travel

- **Plan your travel to your destination in detail** - you need to work out exactly how you are getting to your destination to allow your pet to travel legally, comfortably, have regular breaks and not get overheated. Remember that air travel will require getting to the airport first, or that a 3 hour trip in the car might be at the middle of the day when it's very hot. You may have to get from a train terminal to your hotel with your pet and your luggage in a taxi. You may also have to factor in ferry terminals, airports, train stations and bus terminals, or overnight stops in pet friendly hotels. Don't forget to do this in reverse as well for the journey home.
- **Find a local vet at your destination** - either ask your vet or use the internet. You want a vet that can speak English if you are going abroad and cannot speak the local language.

A few days before for all travel

- **Give them Zylkene** - as you get closer to your holiday, changes in the household will be noticed by your pets. Giving them Zylkene can help them cope with the lead up to the holiday, especially when suitcases start to come out.
- **Pack** - make sure you have all of your resources for your pets, including their medications and supplements as you may not be able to buy them at your destination and familiar items such as toys or blankets to help make them feel safe.
- **Be relaxed** - try to be calm and do not act differently. If you don't, your pet may pick up on this and be worried.
- **Gather your paperwork** - if you are going abroad, make sure you have all of your paperwork needed for the destination country. Additionally, if your pet has a pre-existing medical condition, a letter from your vet explaining the condition and treatment is helpful for any local vet at your destination, both at home and abroad.

Resources, food and drink

- Ensure that your pet has all of the resources necessary. For a cat this is n+1: e.g. if you have 2 cats, you need 3 litter trays. This includes: water bowls, litter trays, food bowls, sleeping areas and scratching posts. For a dog, create a doggy den. You can use their travel crate: put it in a quiet area, line it with familiar blankets or towels, put some toys and treats in there and allow them free access. For more ideas see our New Home Guide.
- Try to use their normal brand of food. Do not feed them leftovers, as this may not only cause them to gain weight, but may also cause upset tummies.
- If you are using bottled water, use it for your pet, too. They aren't used to the local water either.
- Always take water and a clean bowl with you when you go out with your pet, especially in hot weather, as well as food if you will miss the regular feeding time.

Learning about the location

- Ask locally if there are any areas where you should not go with your pet.
- Contact a local vet as they will be able to advise you about local parasites and treatments. If you are abroad you can book in an appointment for the return tapeworm treatments too.





Keeping them safe

- Keep your pet in a secure area for the first few days to make sure they do not run off and get lost. If you are camping, you may need to keep your dog secured on a long lead attached to a fixed point when you cannot attend them such as pitching your tent. Make sure they can access their resources, and have access to shade and privacy if they need it.
- If you are abroad, look for signs of overheating. If the ground is too hot for you to walk on, it may be too hot for them as well. Be aware of hot pavements and hot sand as these can be painful to paws as well as feet. **NEVER** leave your pet in a car as they can heat up very quickly. Remember pets die in hot cars, even on a mild/warm day.

Helping them cope

- Get into a routine as soon as possible as this will help settle your pet.
- Continue giving them Zylkene for the duration of the holiday. Your pet is in an unfamiliar environment and may need help coping.
- Use common sense with your pet. If you notice that they are showing signs of not coping, try and work out what has caused this and help them by removing that trigger. For example if they change behaviour when going into busy crowds, do not take them into areas with a lot of people. You may need to change some of your plans, but if it means your four legged friend has a better holiday, it's surely worth it.

After the holiday



Follow your route plan home in reverse to make sure that the journey is safe, comfortable and legal for your pet.



Allow your pet time to settle when they get home. They have been through a big experience and they may act differently for a little while. Do not try and overcompensate, but go back to their standard routine as soon as possible. Give them time and continue with Zylkene if you are using it.



There are a number of diseases abroad that are not prevalent in Australia, and can lie dormant after infection. Should your pet show any signs of illness once you get home, get them to a vet straight away and tell your vet where your pet has been.

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What is Zylkene?

Zylkene contains a natural product, derived from casein, a protein in milk. It is a molecule well known to promote the relaxation of newborns after breastfeeding. Zylkene has become a valuable support worldwide for veterinary surgeons, behaviourists, nurses and pet owners in helping pets cope when facing unusual and unpredictable situations.

When to use Zylkene



How to give Zylkene

 <p>Cats & Small Dogs</p> <p>75 mg</p>	Up to 5kg	1 capsule a day
	5 - 10kg	2 capsules a day
 <p>Medium Dogs</p> <p>225 mg</p>	10 - 15kg	1 capsule a day
	15 - 30kg	2 capsules a day
 <p>Large Dogs</p> <p>450 mg</p>	15 - 30kg	1 capsule a day
	30 - 60kg	2 capsules a day



For more information visit www.vetoquinol.com.au

Zylkene is a complementary feed for cats and dogs. This is one of a series of owner education leaflets sponsored by Vetoquinol, manufacturers of Zylkene.

Further information is available on request from:

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