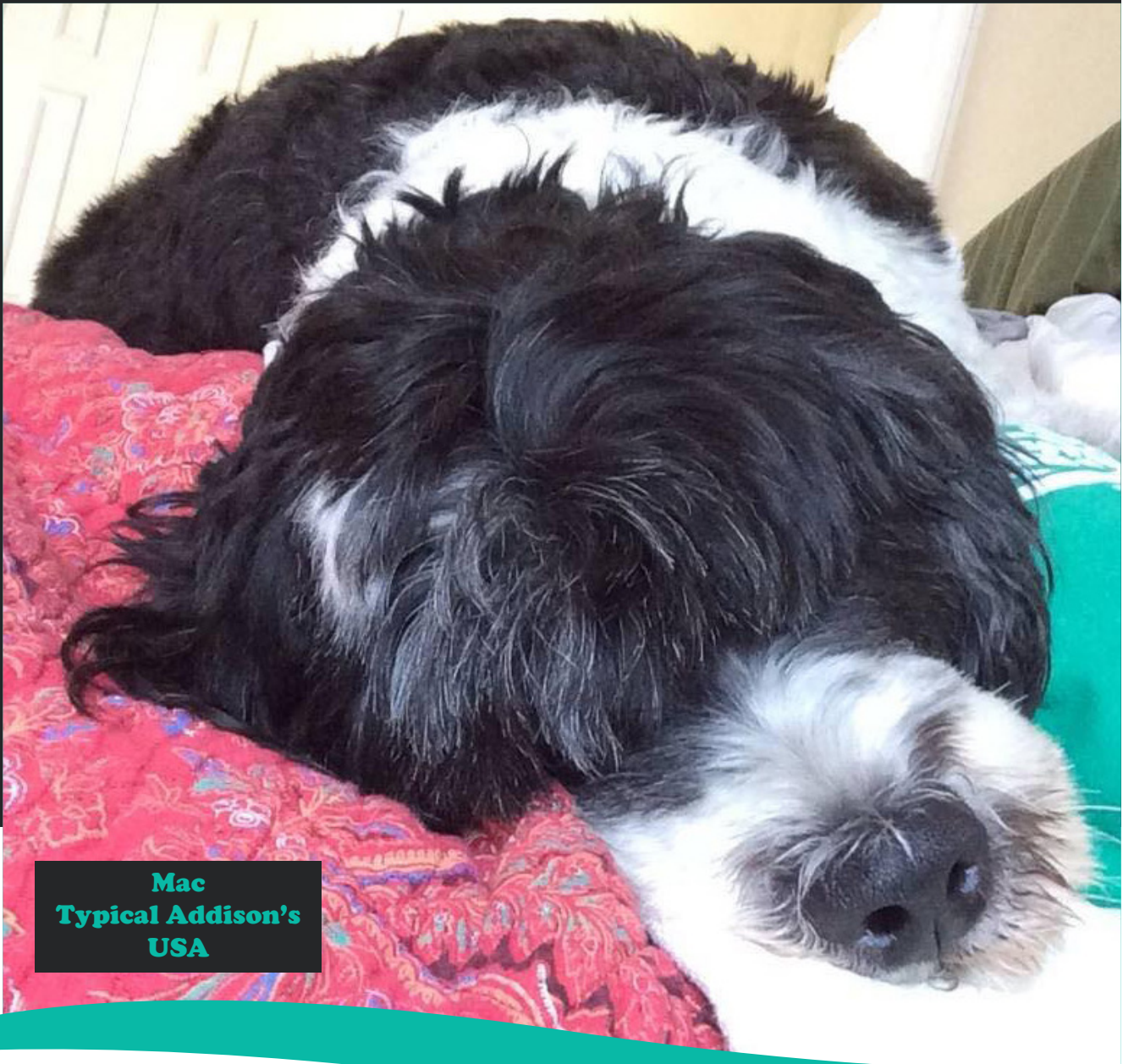




canine addison's resources & education ©
www.CanineAddisons.org

COVID-19 PREPAREDNESS FOR DOGS WITH ADDISON'S DISEASE (& OTHER PETS)



Mac
Typical Addison's
USA

© CANINE ADDISON'S RESOURCES & EDUCATION (CARE)

www.CanineAddisons.org

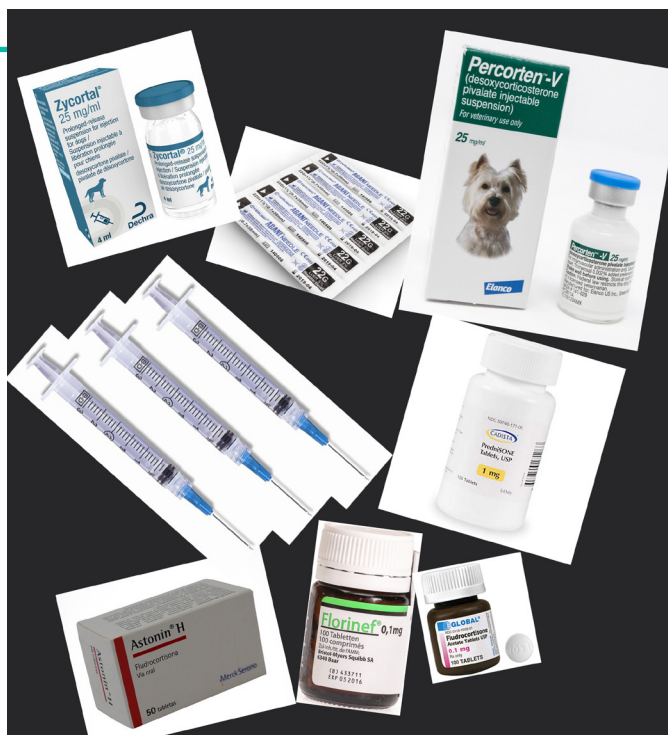
<https://www.facebook.com/groups/CanineAddisonsResourcesAndEducation/>

Robbie & Dylan
Typical Addison's
Northern Italy



THE COVID-19 CORONAVIRUS PANDEMIC

WHY WE NEED TO PLAN AHEAD



The bond we have with our Addison's dogs is amazing. They are treasured members of our families who rely on us to make plans for them in the event of a crisis. Because they literally require medication to live, we must plan ahead to make sure they will be properly cared for if the unimaginable occurs. Many of us put our pet's needs ahead of our own. Once we know we have a plan in place for them, we can breathe a little easier. Our dogs pick up on our stress level, so we must also take good care of ourselves, making sure that we turn to family, friends, and our international CARE community for support to help us through these unprecedented times. Please check in with us in CARE to let us know how you are getting on. Join one of our many virtual support gatherings if you're able. We truly CARE!

Things to consider:

1. What if something happens to you?
2. What records do you have for your dog?
3. What plans do you have for someone to care for your dog if you get sick?
4. Do you have a current listing of all medications, doses, frequency, and due dates?
5. What if something affects the availability of veterinary care or your ability to travel to the vet?
6. If your dog is on a monthly injection, are you able to give the injection yourself?
7. What if you are in the process of reducing the Percorten or Zycortal dosage?
8. What medication, supplies, and food do you need to have on hand?
9. What if you lose your income and may struggle to afford care for your dog?
10. Dealing with stress for you and your pet
11. Forms to fill out with your pet's information



WHAT IF SOMETHING HAPPENS TO YOU

Let's make sure you have plans in place

What records do you have available for your dog?

- » If you don't have them already, contact your vet and ask them to email you all records from your dog's diagnosis onward. Pandemic or no pandemic, it's important to have these records on hand for your own information and if you ever need to go to an emergency hospital or to another vet.
- » If you don't understand the records, join our Facebook group and we'll explain them!
- » Do you have a listing of your dog's history of injections, if on Percorten or Zycortal? Here is a chart you can use if you wish:

<https://canineaddisons.org/wp-content/uploads/2020/03/Percorten-or-Zycortal-Tracker.xlsx>

What plans do you have for someone to care for your dog?

- » Is there someone else in your household who can care for your dog? Are they aware of all your dog's needs, medication doses, and due dates for medication?
- » If not, or if that person gets sick too, have you made plans with someone else to care for your dog? Do they have keys to your home? Does your dog know them well? Have you reviewed your dog's needs? Have you explained when to boost the Prednisone or other glucocorticoid?
- » You're welcome to ask that person to join our

CARE Facebook group, letting us know they are your backup.

- » Did you know that some people include pets in their estate planning? Google will show you lots of information about this. Here's one link about it:

https://www.aarp.org/relationships/pets/info-04-2009/in_pets_we_trust.html

Do you have emergency preparedness forms filled out, including a current listing of all medications, doses, frequency and due dates?

- » We've included a form at the end of this document that you can print and fill out.
- » A fillable version of the form can be found here:
<https://canineaddisons.org/documents/>
- » On mobile devices, you will need an app such as Adobe Fill & Sign for the fillable form.



**Enzo & Daria
Canada**

WHAT IF SOMETHING AFFECTS THE AVAILABILITY OF VETERINARY CARE OR THE ABILITY TO TRAVEL TO THE VET

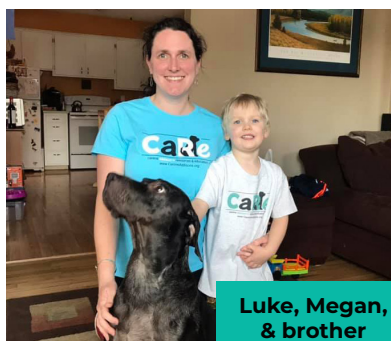
Have you spoken to your veterinarian about how they will provide care for your Addison's dog? If not, please contact them to discuss plans. Are you aware of what emergency services are available to you during this time? Be sure to check on this and note the details.

If you're not able to go to the vet yourself, have you designated the person who has permission to seek, discuss, and approve treatment for your dog? Does your vet have a record of this?

Do you have a supply and listing of all medications and up to date prescriptions with refills available on all your pet's medications? If not, please speak with your vet about this.



**Errol & Julie
UK**



**Luke, Megan,
& brother
USA**



**Sassy, Marsha,
Dr Holly, & Dr Toni
USA**

If your dog is on a monthly injection, are you able to give the injection yourself?

This is critical

- » If you're not already giving injections yourself, please discuss this with your veterinarian. If they won't allow you to give injections yourself, we can help you advocate for this. Please ask for help in our CARE Facebook group.
- » Do you feel comfortable giving the injection yourself? Both Zycortal and Percorten can be given subcutaneously. We have many videos on our website showing how to draw up and inject the medication. Find them here:
<https://canineaddisons.org/documents/>
- » If you don't feel comfortable giving injections yourself, is there someone else nearby who can help?

What if you are in the process of reducing the Percorten or Zycortal dosage?

- » You may need to alter or suspend the reduction process during this time due to the dependence on testing. Please discuss your dog's case with your vet and feel free to ask us about it in the CARE group.



Flip & Annet
Typical Addison's
The Netherlands



PRACTICAL ITEMS TO HAVE ON HAND

Be prepared. Update your pet's microchip information, making sure Addison's is listed. Be sure to have all the basics. Try not to panic buy and cause shortages for others. Have everything all set up in case you get sick and someone else needs to step in to care for your dog. Be organized. Make lists. Gather records. Make up a "Go Bag" with everything your dog needs in case they need to be cared for by someone else. Store it somewhere that children and animals can't get into it but is easily found. If it contains medication, make sure it's stored at the proper temperature.



Medication

Do you have a reasonable supply of well-labeled medication on hand? We want to have enough medication to keep our dogs safe, without panic buying and causing a shortage for others. Pharmacies of all kinds are considered essential, so should remain open and able to ship. Allow extra time for ordering and shipping.



Food

Make sure you have a reasonable supply of food without panic buying and causing a shortage for others. If your food is shipped, expect delays due to shortages. Check the supply where you shop for food. Order a couple weeks ahead or within the timeframe suggested by the supplier if supplies are short. Research alternative sources of food.



Supplies

Day of the week pill containers
Needles (if on monthly injection)
Syringes (if on monthly injection)
Alcohol pads (if on monthly injection)
Dog waste bags
Crates
Dog tags, leashes, & collars
Any other needed supplies



Your Dog's Go Bag

In short, your bag should contain things like food, bowls, bottled water, supplies, medication, identification, a photo of you with your dog, a list of emergency contacts including your vet, proof of vaccination and other records, collar or harness, leash, tags indicating your dog has Addison's, waste bags, and perhaps keys to your home.

What Should Be In Your Dog's Go Bag

You need to be prepared in case you are unexpectedly unable to return home to your dog, such as if you were hospitalized or had to be quarantined somewhere other than at home. The Go Bag should be a sturdy, easy-to-carry container, such as a backpack or suitcase on wheels. It is needed for all pets but is particularly important for dogs with special medical needs. Make sure vaccines are up to date in case they need to be boarded. Put stickers on main entrances indicating the number and type of pets you have, their names, descriptions, & locations. Keep the Go Bag in a place where it can easily be found but is not easily accessible to children or animals. Make sure to have a "lost pet" plan with all available information if your dog escapes from the emergency location. Make sure their microchip is recently scanned, registered, up to date, & includes their Addison's diagnosis.

- » **First, make sure your designated caregiver has keys to your home, is familiar with your home and dog, knows your dog's hiding places, if any, knows your emergency plan, the special needs of your dog, and has your contact information**
- » **Have crates or carriers near your Go Bag or instructions where to find them**
- » **Photo of you with your dog**
- » **List of your dog's birth date, gender, breed, color, eye color, distinguishing marks, allergies, medical conditions, & date of diagnosis**
- » **Medications & supplies, including heart worm & flea & tick preventatives**
- » **List of medications with instructions and reasons why they need them plus pharmacy & prescription information**
- » **Day of the week pill containers**
- » **Veterinary records**
- » **Food, bowls, & bottled water**
- » **Manual can opener if you use canned food with no pop-up opener**
- » **Collar or harness & leash (& muzzle, if needed)**
- » **List of emergency contacts, including your veterinarian's information**
- » **Vaccination records**
- » **ID, rabies, microchip, & dog license tags**
- » **Proof of ownership and microchip information**
- » **Waste bags**
- » **Comforting toys & treats**
- » **Animal first aid supplies**
- » **Cotton sheet to place over the crate to keep your dog calm**



Medication & Supplies



Medication List



Veterinary Records



FINANCIAL CONCERNS



Levi
Typical Addison's
USA

HOW YOU CAN HELP

Be part of the solution

- » Be kind!
- » Share your love & support
- » Be active in our CARE community
- » Pass on what you've learned
- » Join our virtual gatherings
- » If you're in good financial shape, donate to our assistance fund. You should see our awareness ribbon when you donate here:
<https://www.paypal.me/CanineAddisons>
- » Be patient with your veterinarian; they are stressed, too

<https://criticalcaredvm.com/practical-ways-help-veterinary-teams-covid-pandemic>

IF YOU'RE A SCAMMER

It's sad but true that some people will take advantage during such a difficult time. If you're a scammer who has come across this file, don't bother trying to get money from us. We never give money directly to individuals, only to veterinarians or pharmacies, and we verify the stories we're told before we do so.

WHAT IF YOU LOSE YOUR INCOME

Please let us know if you are struggling

The sheer number of people losing their jobs or having their hours cut back during this pandemic is astounding. If you have an Addison's dog and find yourself in these circumstances, we care deeply about your wellbeing and that of your dog. We know that our dogs are cherished family members and we want to help. Our Facebook group is a closed group, meaning that only members of the group can see what you post. You are welcome to talk about this in the group. If you prefer privacy, please send a message to one of our admins. There are many ways to reduce costs or get help paying for your dog's care and treatment during hard times. For many reasons, we are unable to allow you to post fundraisers in the group but we can help in many ways. You are not alone. If you belong to our Facebook group, you belong to a very loving and supportive worldwide community. If you're not a member yet, join us!

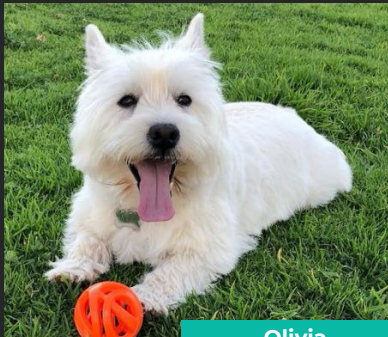


Klara, Miro, & Nicole
Germany



Spike
Typical Addison's
UK

We
are
committed
to
supporting
you
and
your
Addison's
dog
through
this
time
to
the
best
of
our
ability



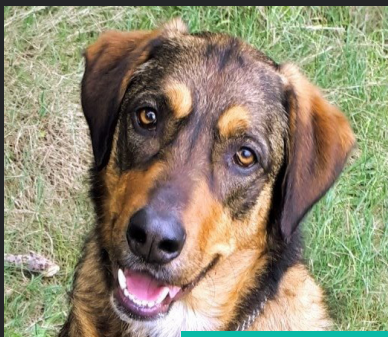
Olivia
Typical Addison's
Mexico

A SHOUT OUT TO PET RESCUE RX

We always knew they were fabulous but they're even more amazing than we realized.

Pet Rescue Rx is an online "Pets Before Profits" pharmacy in the US. Their founding veterinarian, Dr. Glenn Buckley, DVM, takes no salary and they donate all profits to the animal non-profit of your choice - including us! During the first two weeks of April, they are selling all medications at cost. They are a small business competing with the online giants who take in enormous profits. Please support them!

<https://petrescuerrx.com/>



Frka
Typical Addison's
Croatia

PERSONAL FUNDRAISING SITES

*For use on your own Facebook timeline
(not in the group, please)*

You can start one for yourself or someone you love. Be sure to check out all the details and any costs first. Here are a few we've heard of:

- » <https://www.gofundme.com/>
- » <https://www.justgiving.com/>
- » <https://fundrazr.com/pages/personal>

DEALING WITH STRESS

It is well understood that dogs and their humans can experience synchronous emotions and stress levels. Studies have provided evidence for this. During this frightful time, let's take advantage of the positive aspects of the human/animal bond. The American Veterinary Medical Association offers the following guidance about interacting with your pets:

- » If you are not ill with COVID-19, you can interact with your pet as you normally would, including walking, feeding, and playing. You should continue to practice good hygiene during those interactions (e.g., wash hands before and after interacting with your pet; ensure your pet is kept well-groomed; regularly clean your pet's food and water bowls, bedding material, and toys).
- » Out of an abundance of caution, it is recommended that those ill with COVID-19 limit contact with animals until more information is known about the virus. Have another member of your household take care of walking, feeding, and playing with your pet. If you have a service animal or you must care for your pet, then wear a facemask; don't share food, kiss, or hug them; and wash your hands before and after any contact with them.

<https://www.avma.org/resources-tools/animal-health-and-welfare/covid-19>

WHEN TO INCREASE THE GLUCOCORTICOID

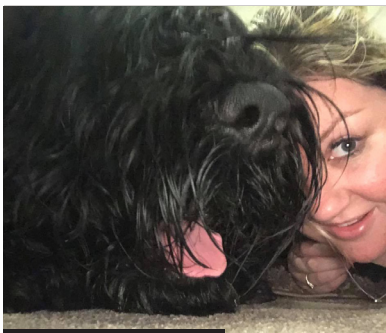
- » Signs of stress can include pinned back ears, isolating, yawning, shaking, averting their eyes, turning away, showing teeth, panting, vocalizing, and other clues.
- » Increases in the dose of Prednisone or other glucocorticoid are typically needed when your dog experiences vomiting, diarrhea, lethargy, lack of appetite, or just seems "off."
- » A boost of one-half to one whole dose is typically sufficient. Giving too much may increase your dog's anxiety.
- » Consult your veterinarian for guidance on all medication adjustments.

ALLEVIATING STRESS AND ANXIETY

- » Dog with Addison's are unable to produce cortisol to help their bodies adjust to stressors. However, Prednisone or other glucocorticoids replace what their bodies can't do. It is not necessary to avoid all stressors. We learn our dog's signs of stress and adjust the medication on the relatively rare occasions when an increase is needed.
- » If you know what causes your dog to feel unusually stressed, avoid those situations or give a small boost of Prednisone (as directed) if extreme stressors can't be avoided.
- » Create a safe space where your dog can escape high stress triggers. Provide your reassuring presence, comforting touch, soft music, toys, or distractions to help ease anxiety.
- » If both of you are healthy and able, play and exercise outdoors are great stress reducers for you and your dog!



Ollie & Lesley
UK



Vlad and Nicole
Australia

Will our dogs be stressed when we all return to work?

**Let's all
keep safe
out there
and
support
each
other**



Oscar
Typical Addison's
UK

© Canine Addison's
Resources & Education
(CARE)



***In Loving Memory of Mac
One of the Founders of CARE***

CONTACT US:

Info@CanineAddisons.org

JOIN US ON FACEBOOK:

<https://www.facebook.com/groups/CanineAddisonsResourcesAndEducation/>

See the following pages for emergency preparedness forms. Fillable forms can be found on the Documents page of our website.

Our Addison's dogs are treasured members of our families who rely on us to make plans for them in the event of a crisis. Because they literally require medication to live, we must plan ahead to make sure they will receive proper care. Please provide answers as if something were to happen to you and someone would need to come into your home and find your dog. Descriptions and locations help. Make sure you designate someone to care for your dog and make medical decisions for him or her. Choose a second backup person in case something happens to the primary person. You need to communicate this information to your veterinarian, so they have permission to work with the people you've chosen. Review all this with the people you've chosen and give them a copy of these forms ahead of time. Also, put a copy in your dog's "Go Bag." Make sure the people have keys to your home. Put stickers on the main entrances of your home, noting the number and type of pets you have, plus their locations within your home. Make sure their collars, harnesses, leashes, and carrier are near their Go Bag. For more information about emergency preparedness and for fillable versions of this form, you can find them on our website, here:

<https://canineaddisons.org/documents/>

As they say, prepare for the worst but hope for the best! Stay safe and well!

Pet Owner Information

Pet's Name: _____

Pet Owner(s): _____

Address: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Emergency Contacts

Emergency Contact: _____

Relationship to Owner: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Primary Veterinarian: _____

Veterinary Practice Name: _____

Address: _____

Phone: _____

Email: _____

Alternative Veterinarian: _____

Veterinary Practice Name: _____

Address: _____

Phone: _____

Email: _____

Boarding Facility: _____

Address: _____

Phone: _____

Email: _____

Important Information about your Addison's Dog

In addition to filling out this information, we recommend getting copies of all veterinary records, at least from diagnosis onward in case your dog needs to see a different vet or go to an emergency hospital. Keep them in your "Go Bag."

Dog's Name: _____

Gender: _____ Male _____ Female

Breed or Mix: _____

Date of Birth: _____

Date of Adoption (if applicable): _____

Color & Markings: _____

Eye Color: _____

Weight: _____ Please indicate: _____ kg or _____ lb

Allergies: _____

Is your dog crate-trained? If so, when do they go in the crate? Where are the crates kept (in case you aren't home)? _____

Does your dog have a preferred place and/or hiding place in your home? Please explain and describe location so they can be found if you're not home:

Type of Addison's Disease – check which one applies:

Check here	Type of Addison's	Description
<input type="checkbox"/>	Typical Addison's	Requires monthly injection plus Prednisone (or similar) or daily Florinef (or similar)
<input type="checkbox"/>	Atypical Addison's	Only requires daily Prednisone (or similar)
<input type="checkbox"/>	Secondary Addison's	Pituitary-based. Only requires daily Prednisone (or similar)

Date of Addison's Disease Diagnosis: _____

Date if they transitioned from Atypical to Typical: _____

Other Medical Conditions, including Dates of Diagnosis:

Medications, Doses, & Frequency (for monthly medications, you might want to fill out the next due date in pencil so it can be updated easily):

Medication Name	Dose	Frequency	Time it Should be Given	When is the next dose due?
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Medications, Doses, & Frequency (continued):

Medication Name	Dose	Frequency	Time it Should be Given	When is the next dose due?

Please use another sheet, if needed.

Vaccine History (or Titer Information):

Vaccine Name	Date Given	Date Due

Pharmacy Name: _____

Address: _____

Phone: _____

Fax: _____

Email: _____

Your Pet's Identification (ID)

A stressed pet may try to flee. Be sure your pet has proper ID attached to their collar or harness. This should include an ID tag with your pet's name and your name, address, and phone number. You can also add that they have Addison's disease and need medication. Some people add the vet's information as well. They should also have tags for their license, rabies vaccine, and microchip. Most microchips allow you to update their information online, including medical conditions and medications. Please keep this up to date. Also, it's a good idea to have your vet scan for their microchip regularly to make sure it is still in place.

Pet License Number: _____

Microchip ID: _____

Breed Registration Number (if applicable): _____

Please use this space to provide any additional pertinent information

Date this form was last updated: _____