



 We thank you for choosing our practice to provide the best care for your pets! 

### Winter Safety Tips:

❄️ Ensure your pets have a warm place to rest indoors, away from drafts, and provide cozy bedding. Provide extra warmth and comfort for senior pets, as they may be more sensitive to the cold. Keep pets away from space heaters, as they can pose burn risks. Instead, opt for pet-safe warming pads if needed.

❄️ Use pet-friendly ice melt on walkways and consider booties to protect paws from cold surfaces and harsh chemicals. Be cautious with antifreeze as it's toxic to pets. Clean up spills promptly and store it out of reach.

❄️ Limit outdoor exposure in extreme cold, especially for short-haired or elderly pets. Engaging pets in indoor activities helps to keep them active and mentally stimulated during colder days.

❄️ Towel-dry your pet thoroughly after they've been outside, especially if they've come into contact with snow or rain. Regularly groom your pets to remove excess fur, preventing mats that can trap snow and moisture.

❄️ Inspect your pet's ears, paws, and tail for signs of frostbite after outdoor activities. Monitor for signs of winter allergies, such as dry or itchy skin. If you notice any redness or swelling, consult your vet.

Remember, each pet is unique, so tailor these tips to your individual pet's needs!

### A Holiday Thank You

We would like to extend a huge thank you to all our clients who sent holiday cards and goodies to the clinic. It is wonderful to know we are appreciated and that you are thinking of us during the holiday season.

We wish all our clients and patients a happy and healthy 2024!



### Pet Emergency Preparedness: Ensuring the Safety and Well-being of You and Your Furry Companions

#### Evacuation Plan:

- Identify pet-friendly shelters or hotels in case of evacuation.
- Have a list of friends or family who can take care of your pet if needed.
- Keep your pet in a secure carrier or on a leash during emergencies to prevent them from getting lost or injured.
- Train your pet to be comfortable with carriers and evacuation procedures.
- Practice evacuation drills to reduce stress during actual emergencies.

#### Emergency Kit:

- Pack a pet-specific emergency kit with food, water, medication, and essential supplies.
- Include copies of medical records, vaccination history, and a recent photo of your pet.
- Include any necessary medications, first aid supplies, and a basic pet first aid guide.
- Familiarize yourself with basic pet first aid procedures.

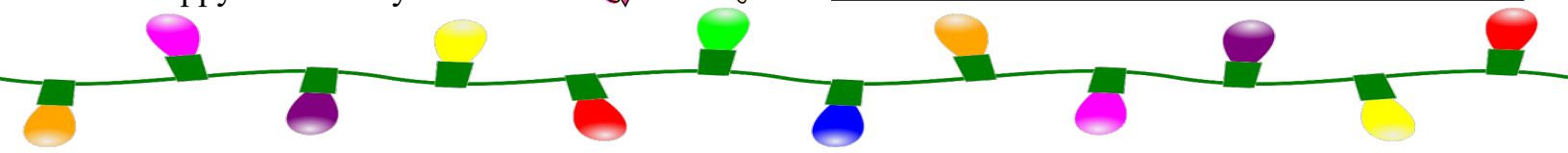
#### Identification:

- Ensure your pet has a collar with an ID tag containing your contact information.
- Consider microchipping your pet for a permanent form of identification.
- Keep a copy of important documents like adoption papers, licenses, and proof of ownership in your emergency kit.

#### Communication Plan:

- Have a communication plan in place to stay informed about local emergencies and evacuation routes. Establish a network of neighbors or pet sitters who can check on your pet if you're not available.

Keep your emergency kit up to date, including food expiration dates. Remember, being prepared ensures the safety and well-being of your pet during unexpected events.



## Introducing NexGard® PLUS: A Trusted Solution for Your Pet's Flea, Tick and Heartworm Protection



Discover the Comprehensive Protection of NexGard® PLUS Chews for your dog. Offering an all-in-one monthly defense, these chews not only tackle adult fleas and ticks but also provide prevention against heartworm disease. Additionally, they effectively treat and control three species of hookworms and two species of roundworms. With NexGard® PLUS, empower your commitment to year-round canine well-being.

Trusted by veterinarians worldwide, NexGard® Plus is designed to kill fleas before they can lay eggs and start an infestation, while also preventing tick infestations and the transmission of tick-borne diseases.

Protect your furry friend with NexGard® PLUS and enjoy rebates at our clinic. Get \$35 off a 6-pack or a generous \$70 off a 12-pack. Ensure your dog's well-being while saving on top-quality parasite protection. Visit us today to make the most of these special offers.

You can read more about NexGard® Plus here at <https://nexgardforpets.com>



## ~Peanut Butter Cookies~

### Ingredients

- 2 cups whole wheat flour
- 1 cup natural peanut butter
- 1 cup skim milk
- 1 tbsp baking powder



### Directions:

- Preheat oven to 375 degrees F.
- Combine the peanut butter and milk in another bowl, then add to the dry ingredients.
- Roll to 1/4" thick.
- Cut into squares or use cookie cutters of your choice
- Bake at 375 degrees for 20 minutes.
- Cookies should be dry after baking.

## ~Tuna Tidbits~

### Ingredients

- 6 ounce can of tuna
- 1/4 cup water drained from tuna
- 3 T cooked egg white, chopped
- 1/4 cup cornmeal
- 1/2 cup whole wheat flour



### Directions:

- Preheat oven to 350 degrees.
- Combine tuna, egg white and water.
- Add cornmeal and flour and blend to form dough.
- Knead into a ball and roll to 1/4 inch thick.
- Cut into one-inch sized pieces.
- Bake at 350 F for 20 minutes.
- Let cool and serve!

## -----Pet Friendly Events-----

Nov 5<sup>th</sup>-Dec 24<sup>th</sup>: Bass Pro Shops Santa's Wonderland

Nov 10<sup>th</sup>-Jan 7<sup>th</sup>: Bull Run Festival of Lights

Nov 14<sup>th</sup>-Jan 7<sup>th</sup>: Pup Nights at Meadowlark's Winter Walk of Lights

Nov 19<sup>th</sup>-Dec 10<sup>th</sup>: Santa Paws – Pet Photos (Fairfax)

Nov 21<sup>st</sup>-Dec 24<sup>th</sup>: Santa's Wonderland at Cabela's

Dec 1<sup>st</sup>-Dec 2<sup>nd</sup>: Christmas in Middleburg

December 2<sup>nd</sup>: Festival of Lights and Carols (Fairfax)

December 3<sup>rd</sup>: Jingle Bell Run Arlington

December 3<sup>rd</sup>: Pet Photos with Santa and HOWLiday Bazaar (Alexandria)

Dec 3<sup>rd</sup>-Dec 10<sup>th</sup>: Pet Photos with Santa (Arlington)

December 9<sup>th</sup>: Paws with Claus (Gainesville)

December 16<sup>th</sup>: Holiday for the Hounds (McLean)

Mar 15<sup>th</sup>-17<sup>th</sup>: Super Pet Expo Chantilly

Discover these and more at

<https://www.bringfido.com/event/state/virginia/>

## Pet Holidays!

December: National Cat Lover's Month

December 2<sup>nd</sup>: National Mutt Day

December 9<sup>th</sup>: International day of Veterinary Medicine

December 10<sup>th</sup>: International Animal Rights Day

January 2<sup>nd</sup>: National Pet Travel Safety Day

January 2<sup>nd</sup>: Happy Mew Year for Cats Day

February: Pet Dental Health Month

February 3<sup>rd</sup>: Doggy Date Night

February 20<sup>th</sup>: National Love Your Pet Day

Find more at <https://www.dogtipper.com/fun/pet-holidays>

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Newsletter Done by Tiffanie Boyd,  
Staff member at OVVH.