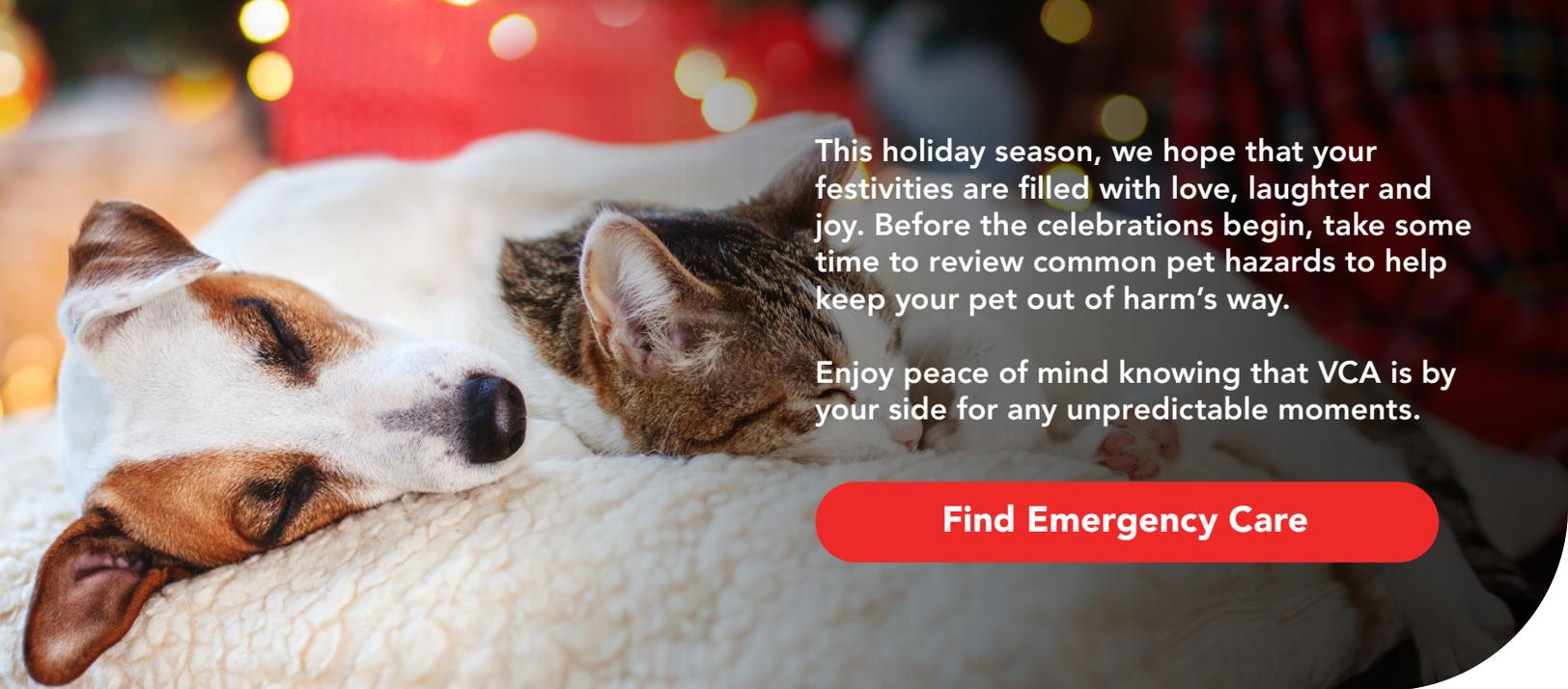




Holiday Hazards Playbook

**At VCA Canada, peace of
mind is our love language.**





This holiday season, we hope that your festivities are filled with love, laughter and joy. Before the celebrations begin, take some time to review common pet hazards to help keep your pet out of harm's way.

Enjoy peace of mind knowing that VCA is by your side for any unpredictable moments.

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Hazardous Items

Pets are naturally curious creatures and are attracted to bright, shiny things like candles and decorations. These holiday items should be kept out of reach from pets to help avoid accidents.

-  **Decorations**
Tinsel, ribbons, salt dough, fragile ornaments
-  **Festive plants**
Poinsettias, mistletoe, lilies, holly, amaryllis
-  **Open-flame candles**
-  **Gift wrapping**
-  **Exposed electrical cords**
-  **Exposed Christmas tree water**

Toxic Foods

We know it's hard to resist those cute, begging eyes, but your pet's health will thank you for your restraint! These common festive foods shouldn't be part of their diet.

-  **Chocolate**
-  **Candy and desserts**
-  **Fatty meat and bones**
-  **Alcoholic drinks**
-  **Exposed trash**



Holiday Do's

Consider this your holiday cheat sheet, with some quick, easy ways you can help your pets stay healthy and happy.

- ✓ Clean/pack up any food and drink leftovers
- ✓ Decorate with pet-safe ornaments
- ✓ Keep festive plants out of reach
- ✓ Follow your pet's regular diet
- ✓ Put a tree skirt on your Christmas tree
- ✓ Invest in electric candles/menorahs
- ✓ Keep dogs inside
- ✓ Secure your Christmas tree
- ✓ Make a quiet, safe space for your pet away from guests
- ✓ Check in with your pet to ensure they're happy and comfortable

Stay Prepared

Being prepared is always a great idea. Here are some more ways your pets can stay extra safe this holiday season.



Read VCA Canada's holiday [safety articles](#)



Use 24/7 Live Chat through the myVCA™ app for questions or concerns



Locate your nearest VCA Canada Animal Hospital with Emergency Care services

[Find Emergency Care](#)

Holiday Mindfulness: Taking a Paws

Keeping your pets (and yourself!) happy and healthy over the holidays isn't just about the physical. Don't forget the more mental, mindful aspect of care! Here are some fun, easy ways to spread cheer.



Practice Self-Care (Together)

- Have a *spaw* day with pet-safe grooming products
- Throw a holiday-themed movie night
- Grab your favorite blanket for a cuddle session
- Give your pet a relaxing massage
- Try pet yoga (downward dog, anyone?)



Supercharge Your Calm

- Meditate with your pet
- Take time to unplug and be present with loved ones and pets
- During stressful moments, take a deep breath
- Accept that things may go wrong, and that's okay (plus, VCA's here to help if they go wrong, wrong!)



Manifest Happiness

- Every morning, write five reasons you're grateful (bonus if they're all about your pet)
- Set holiday intentions
- Send holiday notes to those you care about
- Play fun, interactive games during your celebration
- Put extra thought into gift giving (what goes around, comes around!)



Get Moving

- Go on a winter walk (remember to protect the paws!)
- Teach your pet a new trick
- Create an indoor obstacle course for your pet
- Have a playdate at the dog park
- Test out the new toy you've gifted your pet