



## Resource Packet

### *Organizations and Resources for You and Your Pet*

Looking for more information on these resources or to learn more about the Humane Advocacy Programs at East Bay SPCA?

Contact the Humane Advocacy Team  
(510) 563-4627      [ha@eastbayspca.org](mailto:ha@eastbayspca.org)



## Our Mission

The East Bay SPCA is committed to the welfare of cats and dogs in the communities we serve. We strive to eliminate animal cruelty, neglect and overpopulation by providing programs and education that support people and companion animals.

## Frequently Asked Questions (FAQs)

### How is East Bay SPCA funded?

We are a non-profit organization, and our tax ID number is 94-1322202. East Bay SPCA is funded entirely by private donations, foundation grants, bequests and fees for service. East Bay SPCA is not affiliated with any other SPCA or Humane Society including ASPCA and HSUS.

### I'd like to donate to East Bay SPCA. How can I do that?

You can donate online or you can make a donation over the phone at 510-563-4604, or mail us at 8323 Baldwin Street, Oakland CA 94621. Find out about other ways to give, including donating household items and shelter supplies to East Bay SPCA.

<https://eastbayspca.org/get-involved/give-now/donate-now/>  
<https://eastbayspca.org/get-involved/give-now/other-ways-to-give/>

### How can I adopt an animal?

Come to any of our two facilities (Oakland or Dublin) to visit with our cats and dogs looking for a new home. Be prepared to spend quality time meeting your new companion, and speaking with our Animal Care Associates about the cat or dog you select. Please visit the How to Adopt webpage for more information.

<https://eastbayspca.org/adoptions/how-to-adopt-2/>

### How can I surrender an animal?

Finding a new home your pet can be an emotional and difficult decision. Learn the options so you can make sure your pet's next home is the right one. East Bay SPCA accepts cats and dogs from individuals who can no longer care for them. Our ability to take in dogs and cats changes continuously. Find out more on our Re-Home Your Pet Page.

<https://eastbayspca.org/what-we-do/help-caring-for-your-pet/re-home-your-pet/>

### I've lost my dog or cat. What can I do?

Look around your neighborhood and talk with your neighbors. Search when it is quiet and use their name when calling them. Your pet may be hiding, hurt or frightened, so look under bushes and other such objects. Put up posters and distribute flyers with a photo and description of your pet. Give enough information to describe your pet and where it was lost, but don't give them every bit of information.

Go to the Oakland Animal Services or your local animal control agency and look at the animals to see if your pet has been impounded. Oakland Animal Services holds strays for a certain period of time. File a lost pet report and go back daily for several weeks to see if your pet turns up. You can find out more on our Lost and Found Pets webpage.

<https://eastbayspca.org/get-involved/community-resources/lost-and-found-pets/>

#### I've found a dog or cat. What should I do?

If you have taken in a lost cat or dog, thank you for getting him or her off the street. Contact Oakland Animal Services or your local animal control agency and file a found dog or cat report. You can also provide care for that animal until their owner contacts the agency.

<https://eastbayspca.org/get-involved/community-resources/lost-and-found-pets/>

#### Is East Bay SPCA a "no-kill" facility?

We have found that "no-kill" has come to mean so many different things. As such, we choose not to use that term to describe our facilities or policies. The animals that are accepted into our adoption program are kept, cared for, fed, and socialized and/or trained as long as they remain adoptable, i.e. healthy and sociable. There is no time limit for their stay. Animals are euthanized if they are too aggressive to be safely placed in a home or too ill to be rehabilitated.

#### What do I do if I see an animal being abused or neglected?

Investigations of potential animal abuse are handled through the local animal control agency. To read more about the process of reporting animal cruelty or neglect, visit our website.

<https://eastbayspca.org/get-involved/community-resources/report-animal-abuse/>

#### Where can I get my dog licensed?

Each city has its own requirements and fees for dog licenses. Find out more online on our website.

<https://eastbayspca.org/get-involved/community-resources/licensing/>

# East Bay SPCA Programs

## **Veterinary Services**

<https://eastbayspca.org/what-we-do/veterinary-services/>

### **Theodore B. Travers Family Veterinary Clinic**

8323 Baldwin Street, Oakland 94621

(510) 569 – 1606

## **Spay/Neuter Centers**

Dublin Spay/Neuter

4651 Gleason Drive, Dublin

(925) 479 – 9674

Oakland Spay/Neuter

410 Hegenberger Road, Oakland

(510) 639 – 7387

## **Behavior and Training**

<https://eastbayspca.org/what-we-do/behavior-and-training/>

Group Dog Training Classes

Behavior Resources Library

Recorded Behavior Webinars

Behavior Helpline

Private Dog & Cat Training

## **Humane Advocacy**

<https://eastbayspca.org/what-we-do/help-caring-for-your-pet/>

Veterinary Assistance Program

Spay/Neuter Voucher Program

Pet Food Pantry

Hold for Home Emergency Boarding

## **Humane Education**

<https://eastbayspca.org/what-we-do/humane-education/>

Animal Camp

Birthday Parties

Virtual Programs

Scout Programs

Youth Volunteering & Shelter Scouts

PAWS Experience

School Programs

## **Lost/Found Animals**

<https://eastbayspca.org/get-involved/community-resources/found-strays-at-east-bay-spca/>

## **Adoptions**

<https://eastbayspca.org/adoptions/>

Dublin Adoption Center

4651 Gleason Drive, Dublin

(925) 479 – 9674

Oakland Adoption Center

8323 Baldwin Street, Oakland

(510) 569 – 0702



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## Organizations and Resources for Your Pet

### Financial Assistance for Veterinary Care

The following organizations offer low-cost veterinary and/or financial assistance. The requirements for assistance vary, so please review the requirements for each individually. Updated July 2023.

#### Local Programs

East Bay SPCA Humane Advocacy  
(510) 563 – 4627 [ha@eastbayspca.org](mailto:ha@eastbayspca.org)

ARF Emergency Medical Fund  
[arflife.org](http://arflife.org)

ARF Pet Safety Net  
[arflife.org](http://arflife.org)

Affordable Vet Referral Services • (714)  
206-4717  
[avrs1.com](http://avrs1.com)  
\$35 fee to use services

Animal Fix Clinic • (510) 215-9300  
[animalfixclinic.org](http://animalfixclinic.org)

Gracie's Fund  
[saving-gracie.org](http://saving-gracie.org)

Humane Society of Alameda • (510) 337-9457  
[hsalameda.org](http://hsalameda.org)

Paws in Need • (925) 551-1877  
[paws-in-need.org](http://paws-in-need.org)

Sage Compassion for Animals  
[sagec4a.org](http://sagec4a.org)

San Francisco SPCA Financial Assistance  
• (415) 554-3030  
[sfspca.org](http://sfspca.org)

Pets in Need • (650) 496-5971 ext. 275  
[petsinneed.org](http://petsinneed.org)

#### Nationwide Programs

The following assistance programs operate on a national level.

CareCredit • (800) 677-0718  
[carecredit.com](http://carecredit.com)

Scratchpay • (855) 727-2395  
[scratchpay.com](http://scratchpay.com)

Bo Paws it Forward  
[bopawsitforward.org](http://bopawsitforward.org)

Bow Wow Buddies Foundation  
[bowwowbuddies.com](http://bowwowbuddies.com)

Brown Dog Foundation, Inc.  
[browndogfoundation.org](http://browndogfoundation.org)

Frankie's Friends Fund • (888) 465-PETS  
[frankiesfriends.org](http://frankiesfriends.org)

Friends & Vets Helping Pets • (859) 309-2043  
[friendsandvetshelpingpets.org](http://friendsandvetshelpingpets.org)



Hope Mending Hearts  
[hopemendinghearts.net](http://hopemendinghearts.net)

The Mosby Foundation • (540) 885-2260  
[themosbyfoundation.org](http://themosbyfoundation.org)

The Onyx & Breezy Foundation  
[onyxandbreezy.org](http://onyxandbreezy.org)

Oscar's Cause • (863) 353-7853  
[oscarscause.org](http://oscarscause.org)

Paws 4 A Cure  
[paws4acure.org](http://paws4acure.org)

Pet Assistance, Inc.  
[petassistanceinc.org](http://petassistanceinc.org)

The Pet Fund  
[thepetfund.com](http://thepetfund.com)

Pets of the Homeless • (775) 841-7463  
[petsofthehomeless.org](http://petsofthehomeless.org)

Red Rover Urgent Care Grant • (916) 429-2457  
[redrover.org](http://redrover.org)

STARelief Home for Life Grant • (203) 636-0971  
[starelieff.org](http://starelieff.org)

### Programs for Specific Medical Conditions

The following programs provide financial and/or medical assistance for animals afflicted with specific medical conditions.

Diabetic Cats in Need  
[dcin.dreamhosters.com](http://dcin.dreamhosters.com)

Handicapped Pets Foundation  
[hpets.org](http://hpets.org)

Live Like Roo Foundation  
[livelikeroo.org](http://livelikeroo.org)

The Magic Bullet Fund  
[themagicbulletfund.org](http://themagicbulletfund.org)

Miranda's People  
[mirandaspeople.org](http://mirandaspeople.org)

The Riedel & Cody Fund  
[waggle.org/about-the-riedel-cody-fund](http://waggle.org/about-the-riedel-cody-fund)

Wishbone Foundation  
[thewishbonefoundation.com](http://thewishbonefoundation.com)

### Fundraising Opportunities

Go Fund Me  
[gofundme.com](http://gofundme.com)

Go Get Funding  
[gogetfunding.com](http://gogetfunding.com)

Waggle  
[waggle.org](http://waggle.org)

FundRazr  
[fundrazr.com](http://fundrazr.com)

## Affordable Vaccinations

The following organizations offer low-cost veterinary care and/or assistance. The requirements for assistance vary, so please review the requirements for each individually. Updated July 2023.

### Local Programs

The following pet vaccination clinics operate primarily within the San Francisco Bay Area.

East Bay SPCA Humane Advocacy  
(510) 563 – 4627 [ha@eastbayspca.org](mailto:ha@eastbayspca.org)

ARF Wellness Clinics for Veterans' Pets  
[arflife.org/services/pets-and-vets/veteran-clinics](http://arflife.org/services/pets-and-vets/veteran-clinics)

PetVet/PetFood  
[petvetpetfood.net](http://petvetpetfood.net)

Cheap Shots Pet Vaccine Clinic  
[servingpets.com](http://servingpets.com)

Pets in Need  
[petsinneed.org](http://petsinneed.org)

Contra Costa Animal Services Vaccination Clinic  
[contracosta.ca.gov/7676/vaccination-clinic](http://contracosta.ca.gov/7676/vaccination-clinic)

Vetco Vaccination Clinic  
[vetcoclinics.com](http://vetcoclinics.com)

East Bay SPCA Vaccine Clinic  
[eastbayspca.org](http://eastbayspca.org)

VIP Pet Care Community Clinics  
[vipetcare.com](http://vipetcare.com)

PALS East Bay  
[palseastbay.org](http://palseastbay.org)

Well Pet Vet Clinic  
[wellpetvetclinic.com](http://wellpetvetclinic.com)

Paw Fund Free Vaccine Clinic  
[pawfund.org](http://pawfund.org)

YolanoVet Low-Cost Dog & Cat Shots  
[dogandcatshots.com](http://dogandcatshots.com)

## Affordable Spay/Neuter

### Searchable Databases

These searchable databases are designed to find low-cost spay/neuter programs in your community.

SpayUSA by North Shore Animal League  
[animalleague.org/get-involved/spay-usa](http://animalleague.org/get-involved/spay-usa)

Spay California  
[spaycalifornia.org](http://spaycalifornia.org)

### Local Spay/Neuter Clinics

The following spay/neuter clinics operate primarily within the San Francisco Bay Area.

East Bay SPCA Humane Advocacy  
(510) 563 – 4627 [ha@eastbayspca.org](mailto:ha@eastbayspca.org)

ARF Spay/Neuter Clinic  
[arflife.org](http://arflife.org)

Furry Friends Pet Relief  
[furryfriendspetrelief.com](http://furryfriendspetrelief.com)

ACT Spay/Neuter Clinic  
[acatteam.org](http://acatteam.org)

Paw Fund  
[pawfund.org](http://pawfund.org)

Animal Fix Clinic  
[animalfixclinic.org](http://animalfixclinic.org)

Paws in Need  
[paws-in-need.org](http://paws-in-need.org)

BADRAP Pit Bull Spay/Neuter Request Form  
[badrap.org](http://badrap.org)

Pets in Need  
[petsinneed.org](http://petsinneed.org)

Contra Costa Animal Services Clinic  
[contracosta.ca.gov/811/spayneuter-vaccination-clinic](http://contracosta.ca.gov/811/spayneuter-vaccination-clinic)

Spay the Bay by Berkeley Humane  
[berkeleyhumane.org](http://berkeleyhumane.org)

East Bay SPCA Spay/Neuter Services  
[eastbayspca.org](http://eastbayspca.org)

Valley Humane Society  
<https://valleyhumane.org/programs/surgery-center/spay-neuter-services/>

## Pet Behavior Assistance

East Bay SPCA Behavior and Training Team  
(510) 563- 4623 training@eastbayspca.org

### East Bay SPCA's Choosing a Trainer Guide and Bay Area Referral List

When choosing a dog trainer, there are a few key pieces of information to keep in mind:

1. **Dog training is an unregulated industry.** This means that *anyone* who chooses, regardless of their education, experience, or methods, can set up shop and advertise themselves as a dog trainer.
2. **Behavior science is a science**, like physics and chemistry. And like physics and chemistry, it has natural laws, and is extensively studied in universities all over the world. This is important to understand because of #3:
3. **The behavioral scientific community overwhelmingly agrees that using positive reinforcement is the most effective and humane training method.** Studies have consistently shown that aversive methods, such as the use of punishment (discomfort/intimidation) and the long-disproven “dominance theory” to train behaviors lead to behavioral fallout such as fear, aggression, and learned helplessness, and are not as effective as positive reinforcement.
4. **Various certification programs DO exist** that provide a scientifically based, up-to-date, ethical framework for training dogs. Though as stated in #1, they are not required by law in order to call oneself a dog trainer.

We recommend that owners work with a Certified Professional Dog Trainer (CPDT) or a CTC/CTBC, or KPA-CTP who has their Certificate in Training and Counseling/Behavior Consultation. Make sure that they list a *certification*, and not just a “membership.” By choosing a CPDT, KPA-CTP or CTC/CTBC to work with, **you’re ensuring these trainers have been certified based on a level of demonstrated education around the science of animal behavior** as well as a certain level of professional experience. Additionally, ALL these credentials require proof of ongoing continuing education at intervals, which means that trainers will stay on the forefront of the latest and most scientifically supported techniques.

Also, Certified Professional Dog Trainers **adhere to a code of ethics** which supports utilizing training and behavior modification methods based on accurate scientific research, emphasizing positive relationships between people and dogs and using positive reinforcement-based techniques to the maximum extent possible. “Balanced” training may sound desirable, *but studies have shown that mixing aversive methods with positive reinforcement can lead to significant behavioral fallout.*

#### **If you are specifically looking for help with SEPARATION ANXIETY:**

For separation distress and anxiety, you can look additionally for the “Separation Anxiety Pro” (**SA Pro**) trainer designation. Here is a link to their website that can help you locate a trainer:

<https://www.subthresholdtraining.com/find-a-trainer/>

**We have compiled a list of certified positive reinforcement trainers in the greater Bay Area:**

Ali Sutch, KPA-CTP  
Up 2 Snuff Professional Humane Dog  
Training  
<https://www.uptosnuff.net/services>

Amelia Lindbergh, CTBC  
All Ears Dog Training  
<https://www.allearsf.com/>

Amy Cook, Ph.D.  
Play Way Dogs  
<http://playwaydogs.com/>

Ellen Yoakum **SA Pro**, KPA-CTP, CPBT-KA  
Pet Harmony  
<https://petharmonytraining.com/>

Emily Fleisher Nusymowicz CTBC  
Mindful Paw dog Training  
<https://mindfulpaw.com/>

Erika Slovikoski, CPDT-KA  
Stardog  
<https://www.stardogsf.com/dog-training/>

Imogen Poropat MSc, KPA CTP  
Canny Dog Positive  
<https://cannydogpositive.com/>

Joan Mapou, CTC  
Joan 4 Pets  
<https://joan4pets.com/dog-training>

Kathryn Horn, CTC  
Paws and Cues Dog Training  
<http://pawsandcues.com>

Lauren Flato, VMD, CPDT-KA  
Sit, Stay, Wag  
<https://sitstaywagtraining.com/>

Lea Orloski, CTBC  
<https://www.caninecentric.net/>

M. Cecilia Sternzon, CPDT-KA, MBA  
Canine Higher Learning  
<http://www.caninehigherlearning.com/index.html>

Margaret Daul, CPDT-KA, CPDT-KSA, KPA-  
CTP, ACDDBC  
Family Dog Training  
<https://www.familydogtrainer.com/>

Mary Stope  
Mary's Angels Dog Training  
<https://www.marysangelsdogtraining.com/coronavirus-disease-2019-precautions-plan.html>

Pamela Wyman Van-Rhomberg, CTC, CSAT  
DogEvolve  
<http://dogevolve.com>

Quin Longino, CPDT-KA, CCDT  
Pup Professor Dog Training  
<https://www.pupprofessor.com/>

Rebekah Piedad KPA-CTP  
<https://www.yesdog.org/>

Rochelle Ball, CPDT-KA  
Athens Dog Training  
<https://athensdogtrainingllc.com/>

Sara Scott, CPDT-KA  
Sarah Scott Dog Training  
<http://www.dogtrainingwithsara.com>

Shane Stanis, CPDT-KSA  
Mighty Mutts Dog Training  
[www.mightymuttsdogtraining.com](http://www.mightymuttsdogtraining.com)

Shelly Leong-Peterson CTC, **SA Pro**  
Bright Lights Dog Training  
<http://www.brightlightsdogtraining.com/>

Shoshi Parks, CPDT-KA, **CSAT**  
Modern Hound  
<http://modernhoundsf.com/san-francisco-dog-training>

Stacy Braslau-Schneck, CPDT-KA, CBCC-KA  
Stacy's Wag N Train  
<http://www.wagntrain.com/>

Tania Lanfer  
Cannon Dog Training  
<https://cannondogtraining.com/about>

## East Bay SPCA Behavior & Training Library

### Cat Behavior

Online downloadable handouts available at <https://eastbayspca.org/what-we-do/behavior-and-training/behavior-resources/cat-behavior/>

Resources Include:

#### Fear In Cats

- Transitioning Tips for Fearful Felines
- Under socialized Kittens
- Hisses to Kisses: Modifying Fear
- Feline Consent Checks
- Tasty Tidbits for Feline Stress Inappetence
- How to Read Cat Body Language

#### Litter Box Problems

- Inappropriate Elimination
- Kittens Learning Litter Boxes

#### Scratching and Play

- Managing Feline Nighttime Activity
- Happy Hunters Feline Play
- How to Prevent Rough Play
- Feline Overstimulation

#### Safety

- Escape Prevention
- Harness Training for Your Cat
- A Guide to Indoor Feline Enrichment

#### Introductions

- How to Introduce Cat and Dog
- How to Introduce Cat and Cat

### Dog Behavior

Online downloadable handouts available at <https://eastbayspca.org/what-we-do/behavior-and-training/behavior-resources/dog-behavior/>

Resources Include:

#### Fear in Dogs

- Transitioning Tips for Fearful Dogs or Puppies
- Managing Separation Distress
- How to Read Dog Body Language
- Treat Retreat: A Training Game for Fearful Dogs
- Stranger Danger
- Desensitization and Counter Conditioning

#### Enrichment

- Home Alone 2: Life After Quarantine
- Constructive Canines: A Guide to Enrichment
- Decompress for Success

#### Handling

- Managing Handling Sensitivities
- Canine Consent Checks

## Training

- Resource Guarding
- Look at That!
- Basic Potty Training Guide
- Basic Crate Training Guide for Adult Dogs
- Rowdy Mouthy Jumpy
- Reactive Behavior
- Clicker Training 101

## Safety

- Escape Prevention Tips
- Managing a Multi-Dog Household

## Introductions

- Doggie Decompression
- Dog to Dog Introductions
- Decoding Dog Play
- How to Introduce Cat and Dog
- Puppy Socialization

## Behavior and Training Helpline

Our Behavior and Training Helpline is meant to provide information and assistance to dog and cat owners experiencing common behavior challenges.

We are able to provide the following services.

- Free 15-minute phone consultation to discuss basic tips surrounding your dog or cat's behavior challenge with a member of our behavior and training team.
- 30-minute phone consultation (**\$30 fee**) to discuss your dog or cat's behavior challenge as well as management and training tips. Proceeds go to support the programs and services at the East Bay SPCA.
- **Private training session (available for dogs and cats).**

In order for us to best assist you, please complete a form below with additional information about your pet's behavior issue.

[CAT BEHAVIOR HELPLINE FORM](#)

[DOG BEHAVIOR HELPLINE FORM](#)

Scholarships are available for both phone consultations and private training and can be further discussed during a free 15-minute phone consultation.

For questions please call (510) 569-0702 ext. 623. Please note it may take us up to 72 hours to return your call and our helpline process begins with the submission of the above form online.

## Pet Food Pantries

East Bay SPCA Humane Advocacy  
(510) 563 – 4627 [ha@eastbayspca.org](mailto:ha@eastbayspca.org)

Berkeley Humane Pet Food Pantry  
[berkeleyhumane.org](http://berkeleyhumane.org)

Contra Costa Humane Society AniMeals Program  
[cchumane.org](http://cchumane.org)

East Bay SPCA Pet Food Pantry  
[eastbayspca.org](http://eastbayspca.org)

Full Belly Bus San Francisco  
[fullbellybus.org](http://fullbellybus.org)

Furry Friends Food Distribution  
[furryfriendspetrelief.com](http://furryfriendspetrelief.com)

Ohlone Humane Society Meals on Wheels  
[ohlonehumanesociety.org](http://ohlonehumanesociety.org)

Pets Lifeline Sonoma  
[petslifeline.org](http://petslifeline.org)

Veterinary Street Outreach San Francisco  
[sfccc.org/veterinary-street-outreach](http://sfccc.org/veterinary-street-outreach)

## Community Cats

Animal Fix Clinic • (510) 215-9300  
[animalfixclinic.org](http://animalfixclinic.org)

Feral Cat Foundation • (925) 829-9098  
[feralcatfoundation.org](http://feralcatfoundation.org)

Feral Change  
[feralchange.org](http://feralchange.org)

Island Cat Resources and Adoption •  
(510) 869-2584  
[icraeastbay.org](http://icraeastbay.org)

Ohlone Humane Society TNR • (510) 792-4587  
[ohlonehumanesociety.org/tnr](http://ohlonehumanesociety.org/tnr)

Community Concern for Cats • (925) 938-2287  
[communityconcernforcats.org](http://communityconcernforcats.org)

Hayward Animal Shelter TNR Program  
<https://www.haywardanimals.org/tnr>

Oakland Rentals • (510) 482-5545  
[toolrentalplace.com](http://toolrentalplace.com)  
*local equipment rental company that rents out cat traps*

Bay Area Cats  
<https://bayareacats.org/>



# Pet Insurance

## What Is Pet Insurance?

Peace of mind for pet owners, pet insurance protects against unexpected veterinary costs. As healthcare costs rise across the board, pet healthcare is no exception and, according to several pet insurance companies, the average amount that most people can afford for veterinary treatment at any given moment is only \$1,500 ([www.aaha.org](http://www.aaha.org)).

1 out of 3 pets will need emergency medical treatment in their lifetime, which is why many veterinarians recommend enrolling in coverage sooner rather than later. In fact, most people buy pet insurance within 6 months after adopting. No pet insurance company will cover a pre-existing condition, so it's important to enroll before any issues arise ([www.aaha.org](http://www.aaha.org)).

## **Pet Insurance Terms and Definitions**

<https://www.pawlicy.com/dictionary/pet-insurance-terms/>

## How Much Does Pet Insurance Cost?

Pet insurance is generally affordable. The average monthly premium is \$29 for a cat and \$47 for a dog, but it's important to recognize that there's a wide range in pricing (many see rates as low as \$12/mo, others might see rates as high as \$100/mo) depending on a few key factors.

### Key Factors That Determine Rates

- Size (height, weight)
- Breed
- Age (compared to its typical life expectancy)
- Location
- Common indoor and outdoor risks in area
- Term and length of insurance policy
- Reimbursement Rate
- Deductible
- Payout Limit
- Plan type
- Policy provider

You can save on pet insurance by enrolling when your pets are still young, as your monthly premiums are guaranteed to be lower. Some pet insurance providers will also give you a discount on your bill if you agree to make annual payments instead of monthly payments. Others offer discounts if you insure multiple pets under the same provider.

Another way to keep your premiums low is to select a higher deductible, but keep in mind that you'll have to reach that deductible by paying out-of-pocket before your insurance plan begins to reimburse your veterinary costs.

Similarly, you can keep costs down if select a lower reimbursement rate or a lower coverage limit, but this will limit the amount you receive from your insurer if your pet gets seriously ill or injured.

## Pet Insurance Companies

The following are pet insurance companies. Many other insurance companies also offer pet plans - check with your insurance provider.

Pawlicy • (866) 729-5429 • <https://www.pawlicy.com/>

The American Animal Hospital Association (AAHA) has partnered with an online pet health insurance marketplace, Pawlicy. Pet owners can use Pawlicy Advisor to see pet insurance quotes from top providers, custom comparison charts, and ranked based on breed-specific health risks and lifetime pricing - all in one place. Pet insurance helps protect you from unexpected vet bills and gives you peace of mind.

ASPCA • (888) 716-1203  
[aspicapetinsurance.com](http://aspicapetinsurance.com)

ManyPets • (888) 978-5291  
[manypets.com](http://manypets.com)

Embrace • (877) 558-7557  
[embracepetinsurance.com](http://embracepetinsurance.com)

Nationwide • (888) 899-4874  
[petinsurance.com](http://petinsurance.com)

Fetch • (866) 509-0163  
[fetchpet.com](http://fetchpet.com)

Paw Protect • (888) 812-6704  
[pawprotect.com](http://pawprotect.com)

Figo • (844) 738-3446  
[figopetinsurance.com](http://figopetinsurance.com)

Pet's Best • (877) 738-7237  
[petsbest.com](http://petsbest.com)

Healthy Paws • (855) 898-8991  
[healthypawspetinsurance.com](http://healthypawspetinsurance.com)

Pumpkin • (866) 273-6369  
[pumpkin.care](http://pumpkin.care)

Lemonade  
[lemonade.com](http://lemonade.com)

Spot • (800) 905-7595  
[spotpetins.com](http://spotpetins.com)

Trupanion • (855) 690-8123  
[trupanion.com](http://trupanion.com)

## Pet Care Information and Tips

### Vaccinations

#### Should My Pet Be Vaccinated?

Vaccination is an important part of preventive healthcare for your pet and one of the most cost-effective ways of animal's health, longevity, and quality of life. Vaccination also serves a crucial public health function by forming a barrier against several diseases that can be passed from animals to humans. The short answer is: Yes, definitely! Pets should receive core vaccines—those medically necessary for all pets—and may need others depending on their lifestyle.

No medication is without risk, but the benefits of vaccinating pets outweigh the risks.

Vaccinations in pets protect against devastating and life-threatening diseases, such as rabies and distemper. Vaccinations not only protect pets, but also play a role in protecting humans. Approximately 59,000 people worldwide die each year from rabies, according to the World Health Organization, but only one or two deaths occur in the US, where laws require pets to be vaccinated and more than \$300 million is spent annually on rabies prevention. Widespread vaccination means that few pets get rabies and few humans are exposed. More than 95% of rabies deaths occur in Africa and Asia, which lack successful vaccination programs.

#### *What are the risks of vaccinating my pet?*

The most likely vaccination complications include tissue swelling around the injection site; mild signs of illness such as fever, lethargy, and soreness; and allergic reactions to the vaccine that can range from mild to life-threatening. The likelihood of a dangerous reaction is low, whereas the likelihood of your pet developing a life-threatening disease if he is not vaccinated is much higher.

#### *What determines which vaccines my pet should receive?*

To determine whether a pet should be vaccinated against a particular disease, your veterinarian will assess his exposure risk, including:

- **Age:** A specific vaccination protocol is necessary to help puppies and kittens build resistance to disease while the immunity passed from their mothers wears off. After the initial vaccine series, booster vaccines are required for adult pets to maintain immunity.
- **Geography:** Exposure risk to some diseases is higher in some geographic areas; for example, Lyme disease is most prevalent in heavily wooded areas, such as the Northeast.
- **Lifestyle:** Cats who live solely indoors with no contact with other cats have little risk of exposure to feline leukemia and may not need this vaccination. But if your cat goes outside, spends time at a boarding facility, or has contact with outside cats brought into your home, he has a higher exposure risk and should be vaccinated.

## Which vaccines should my dog receive?

### What vaccines are required for all dogs?

All dogs should have the following vaccines:

- Distemper
- Adenovirus
- Parvovirus
- +/- Parainfluenza (often given in combination vaccines)
- Rabies

### What other vaccines exist for dogs, based on lifestyle?

In addition to these, other vaccines are **essential for some dogs based on their lifestyle and risk**. These include:

- **Leptospira**: Caused by bacteria shed in the urine of infected wild animals; pets and humans become infected by exposure to contaminated outdoor water sources and can develop kidney and liver failure. Recommended for most dogs, both urban and rural, due to increasing prevalence.
- **Lyme disease**: Transmitted by the blacklegged tick (*Ixodes scapularis*) and prevalent in wooded areas. Recommended for dogs who live in or travel to areas where Lyme disease occurs.
- **Bordetella**: Causes kennel cough, a respiratory infection common in shelter dogs
- **Canine influenza**: Recently shown to cause respiratory infection; vaccination is recommended for dogs exposed to other dogs outside the home. Can cause respiratory infection; vaccination is recommended when risk of infection is high.
- **Rattlesnake toxoid**: May be recommended for dogs who live in or visit areas inhabited by rattlesnakes

## Which vaccines should my cat receive?

According to the American Association of Feline Practitioners feline vaccination guidelines, core vaccines for cats include:

- **Feline herpesvirus-1/feline viral rhinotracheitis**: Causes infectious respiratory disease and lifelong infection that leads to recurrent flare-ups
- **Calicivirus**: Also causes respiratory disease, often characterized by oral and nasal ulcers
- **Panleukopenia**: Causes life-threatening blood cell deficiencies, vomiting, diarrhea, and dehydration, as well as brain damage to kittens infected *in utero*
- **Rabies**: Considered a noncore vaccine, but required by law in many states for both dogs and cats

Additional vaccines that cats may need based on their lifestyle include:

- **Feline leukemia:** Can cause lifelong infection that leads to a weakened immune system and chronic illness
- ***Chlamydomphila felis*:** Causes feline respiratory infection often characterized by severe conjunctivitis
- ***Bordetella bronchiseptica*:** Another cause of bacterial respiratory infection in cats
- **Feline immunodeficiency virus (FIV):** Contracted when a cat is bitten during a cat fight, FIV causes immunosuppression and chronic illness
- **Feline infectious peritonitis:** A fatal disease that causes fluid buildup in the thoracic and abdominal cavities

### Vaccination Schedules

Below is information on core and non-core vaccines for cats and dogs. Core vaccines are vaccines that are recommended as part of a standard care plan for every pet. Non-core, or “lifestyle” vaccines, are vaccines that are not recommended for every pet. Instead, these vaccines may be recommended by your veterinarian based on your pet’s environment, lifestyle, and risk of exposure.

<b>Feline Vaccines</b>		
Core Vaccines	Administration Schedule	Booster Recommendation
FVRCP <i>Feline Viral Rhinotracheitis, Calicivirus, &amp; Panuleukopenia</i>	-Start at 6-8 weeks old -Kittens receive a booster every 3 weeks -Last dose at 16 weeks of age or older -Adults that have never been vaccinated: give 2 doses 3-5 weeks apart	-Single dose 1 year from last dose of series -After 1 year dose, then give every 3 years
Rabies	Single dose administered at 16 weeks of age or older. Good for 1 or 3 years.	Single dose 1 or 3 years from initial dose
Non-Core Vaccines	Administration Schedule	Booster Recommendation
FeLV <i>Feline Leukemia Virus</i>	-2 doses given 3 to 5 weeks apart, can start at 12 weeks old *Requires proof of negative FeLV test or current vaccine	Single dose 1 year from the last dose of series and then yearly

<b>Canine Vaccines</b>		
<b>Core Vaccines</b>	<b>Administration Schedule</b>	<b>Booster Recommendations</b>
DA2PP <i>Canine distemper, adenovirus type 1 and 2, parainfluenza, and parvovirus</i>	-Can start at 6-8 weeks old -Puppies receive a booster every 2-4 weeks -Last dose at or after 16 weeks old -Adults, never vaccinated, give 2 doses 2-4 weeks apart	-Single dose 1 year from last dose of series -After 1 year dose, then give every 3 years
Rabies	Single dose administered at 16 weeks of age or older, required by law.	Single dose 1 year from initial dose then every 3 years thereafter
<b>Non-Core Vaccines</b>	<b>Administration Schedule</b>	<b>Booster Recommendations</b>
Bordetella Bronchiseptica Intranasal	Single dose, can start at 12 weeks old	Single dose 1 year following the last dose and then yearly
Bordetella Bronchiseptica Injectable	<i>2 doses given 2-5 weeks apart, can start at 12 weeks old</i>	Single dose 1 year from the last dose and then yearly
Leptospirosis	2 doses given 2-5 weeks apart, can start at 12 weeks old	Single dose 1 year from last dose of series and then yearly
Lyme disease	2 doses given 3-5 weeks apart, can start at 12 weeks old	Single dose 1 year from last dose of series and then yearly
H3N8+H3N2 (Canine influenza)	2 initial doses, 2-4 weeks apart. Initial dose at 8 weeks of age or older	Single dose 1 year from last dose of series and then yearly

## Spay and Neuter Myth Busting

***MYTH: My pet is fine, as is.***

FACT: By spaying and neutering your pet, they will experience the following benefits:

- Longer lifespan: spay and neuter can add years to your pet's life.
- Female pets are less likely to develop a potentially deadly condition called pyometra - where the uterus becomes infected.
- Some larger breed dogs may be less likely to have bone & muscle conditions later in life.

***MYTH: Spaying and neutering is unhealthy for pets.***

FACT: Just the opposite! Neutering male pets prevents testicular cancer and some prostate problems. Spaying female pets prevents uterine infections and mammary tumors – which are cancerous in about 50% of dogs and 90% of cats.

***MYTH: Spaying and neutering will cause my pet to gain weight.***

FACT: Lack of exercise and overfeeding will cause this – not spaying and neutering,

***MYTH: Neutering will cause behavioral changes.***

FACT: Cats and dogs who are not neutered are more likely to “mark their territory”. Dogs may also mount other dogs, people, and objects. Once a pet is fixed, these may change or decrease – which is good! Neutering can also help avoid some aggression problems or bad behaviors caused by high levels of testosterone. None of these are guarantees but all possibilities.

***MYTH: Neutering my pet will make him feel like less of a male.***

FACT: Pets have no concept of sexual identity or ego – neutering won't change that. What it will change is that your male dog will be less likely to roam away from his home; an intact male dog will do just about anything to find a mate – which includes finding creative ways to escape the home to do so! Similarly, spayed females won't go into heat which causes them to advertise for mates with loud cries/yowls and increased urination.

## Neonatal Kitten & Puppy Care

The following includes information on basic care and feeding for neonatal kittens and puppies.

### Supply List

These are items that are recommended to have on hand when caring for neonates.

- **Animal-specific bottles and nipples.** – Make sure to purchase bottles and nipples that are made specifically for animals and not those made for human babies. You might need to poke holes in the nipples with a sterilized pin or razor.
  - *Tip:* when poking holes keep in mind that the opening should only be big enough for the formula to drip out slowly when the bottle is turned upside down.
- **Formula** – Kitten and puppy formulas can be purchased where pet supplies are sold. Neonates should only be fed their species appropriate formula.
- **Kitchen scale** – Kittens and small breed puppies can be weighed before and after feeding to ensure they are getting the appropriate amount of formula. Bottles can also be weighed before and after feeding to determine how much the neonate is ingesting.
- **Heat source** – Neonates need to be kept warm. A “Snuggle Safe” brand heating disk or a heating pad on low can be used as heat sources. Always place a blanket over the heat source so neonates don’t come into direct contact with the heat source. There should also always be room for the neonates to move off the heat source if they become too warm.

### Feeding

The following are general guidelines. See individual formula packaging for specific feeding instructions.

- Neonates need to be fed every 2-3 hours from when they are newborns until they are 3 weeks old. This includes feedings in the middle of the night.
- When they are 4 weeks and older, they can go longer between feedings, generally about 4-6 hours.
- **Kittens** should be fed 5 grams of formula per 100 grams of body weight. It is recommended to weigh them before and after feeding because of their small size.
- **Puppies** should be fed 30ml of formula per 3.5 ounces of body weight per day for the first week, and 20ml of formula per 3.5 ounces of body weight each day for the next three weeks.
- Neonates should be fed lying flat on their stomach. This is a natural position for feeding.

### After Feeding Routine – Burping and Stimulating

- After each feeding, neonates should be burped to release air they may have swallowed during feeding.
  - Hold the animal upright with its tummy against your shoulder and pat it gently but firmly on its back until it burps.



- For smaller kittens and puppies, hold upright with their tummies against the palm of your hand.
  - Don't expect to hear an actual burp, you will hear little gurgling noises.
- After each meal and burping, neonates need to be stimulated to urinate and defecate. Neonates under 3-4 weeks cannot urinate or defecate on their own without stimulation.
  - Using a cotton ball or alcohol-free baby wipe, gently massage their genitalia and rectum.
  - Use a front to back motion with very gentle pressure. This motion simulates the mother's tongue licking them.
  - Neonates will urinate each time during stimulation but will typically only defecate once a day.
  - Neonates will need to be stimulated after each feeding until they demonstrate that they are able to eliminate on their own.

### **Weaning**

- Neonates can start solid food and weaning at 4 weeks. Mix formula with pate canned food until it forms a smooth consistency. Offer in a shallow dish or off a spoon.
- Gradually decrease the amount of formula and increase the amount of canned food over the next 1-2 weeks.
- By 5-6 weeks of age, kittens and puppies should be eating solid food regularly.

## Seasonal Pet Safety Tips

The following are pet care and safety tips throughout the seasons.

### Staying Cool

- Your pet should always have access to clean, fresh water. When you are away from home, carry a water bottle and portable dish for your pet and offer them water frequently.
- Take walks early in the morning or after the sun has gone down. Whenever possible, avoid taking walks when the sun is hottest.
- Test the ground before letting your pet walk on it. Hold the back of your hand to the ground for 7 seconds. If the ground is too hot for your hand, it is also too hot for your pet's feet!

### Keeping Warm

- Certain pets are more sensitive to cold weather. Senior pets, young pets, pets with very short or no fur, and small breed dogs are especially prone to being more sensitive to cold temperatures. Consider purchasing a heated pet bed for your pet to use during cooler temperatures.
- Walking on cold pavement can lead to dry, chapped paw pads. In extreme temperatures there is also the risk of frostbite. Help protect your pets' feet by having them wear booties when they are outside on cold pavement.

### Popular Seasonal Plant Precautions

- Grass awns, aka foxtails, are found in dry areas during warmer months. These foxtails can embed into your pets' skin, eyes, ears, nose, mouth, etc. and can cause discomfort, infection, and can lead to more serious conditions. Reduce exposure to foxtails whenever possible. If your pet has been exposed to foxtails, thoroughly check them over for any foxtails, paying close attention to their ears, noses, and between the toes.
- Pine trees, mistletoe, holly, and poinsettias are all popular winter greenery that should never be ingested by pets. Ingesting any part of these plants can cause gastrointestinal upset which can lead to further complications in some pets. If your pet has ingested any of these plants, contact your veterinarian or a poison control center right away.
- Lilies bloom in early summer through fall and are a popular flower in bouquets and arrangements. All lilies can cause gastrointestinal upset and many of them are extremely toxic and generally considered fatal to cats. Make sure you know the exact variety of any flower or plant that you bring into your home. If you are concerned that your pet has ingested any part of a lily (including any grains of pollen or drinking any water out of a vase), contact a poison control center and seek emergency care right away.

## Firework Safety

More pets go missing during July 4<sup>th</sup> holiday than any other time of year. Fireworks can be scary to pets and many will flee in an attempt to escape the loud noises. Use these tips to help keep your pet safe during this time.

### **Prepare your home.**

- In the weeks leading up to celebrations, decide where your pet will be spending the holiday. Ideally, pets should be crated or kept in a secure room where they cannot dart out an open door or window.
- If you are having guests over, make sure your pet is in an area where they cannot run outside as guests are coming in and out.

### **Keep your pet calm.**

- Play music or leave a tv on near your pet. The sounds can help drown out firework noises.
- If your pet experiences severe anxiety or fear during fireworks, consider talking with your veterinarian about medication to help keep them calm.
- Pet calming treats and supplements can also be purchased at pet supply stores and work great for some pets.

### **Clean up,**

- After celebrations have ceased, thoroughly clean up all firework remnants. These can be enticing for pets to play with or ingest, but they can be dangerous and should be kept out of reach at all times.

## Pet First Aid

### **Pet First Aid Tips for Pet Parents**

<https://www.animalhumanesociety.org/resource/first-aid-tips-pet-parents>

### **Animal Poison Control • (888) 426 – 4435**

<https://www.aspca.org/pet-care/animal-poison-control>

## Homemade Pet Food Recipes

When access to pet food is limited, the following recipes can be used to make food for your pets using human foods that are safe for pets.

### Cat Food

The following two recipes can be used to prepare food for your cats.

#### Option 1:

- 1 can of sardines in oil
- 2 tablespoons of cooked carrot, mashed
- 1/3 cup cooked oatmeal

Mix all ingredients together until smooth. Cool to room temperature before serving. Store in the refrigerator.

#### Option 2:

- 1 cup cooked chicken, boiled or baked
- 1/4 cup steamed broccoli, mashed
- 1/4 cup steamed carrots, mashed
- 1/4 cup chicken broth

Mix all ingredients together until smooth. Cool to room temperature before serving. Store in the refrigerator.

### Dog Food

The following recipe can be used to prepare food for your dogs.

- 1.5 cups brown rice
- 1 tablespoon olive oil
- 3 pounds ground beef, turkey, or chicken
- 3 cups baby spinach, chipped
- 2 carrots, shredded
- 1 zucchini, shredded
- 1/2 cup canned or frozen peas

Mix all ingredients together and store in the refrigerator. Yields approximately 8 cups of food.

## Cat- and Dog-Safe Human Foods

The following is a list of human foods that are generally safe for cats and dogs to eat. This list is to be used as a guideline and is not comprehensive. Every pet is different, please check with your veterinarian before feeding any human food to your pets.

### **CATS:**

Asparagus  
Banana  
Beef  
Blueberries  
Broccoli  
Broth (low sodium, no onion, no garlic)  
Carrots  
Cheese  
Chicken  
Cucumber (no seeds)  
Eggs  
Fish (cooked)  
Honeydew melon  
Lamb  
Liver  
Oats  
Peas  
Polenta  
Pumpkin  
Sweet potatoes (no skin)  
Squash  
Turkey  
Watermelon (no seeds)  
Yogurt (plain, low fat)  
Zucchini

### **DOGS:**

Acai berries  
Alfalfa  
Apples (no seeds)  
Asparagus  
Bananas  
Barley  
Beans  
Beef  
Blackberries  
Blueberries  
Bran (cereal, wheat)  
Bread (whole grain)  
Broccoli  
Broth (chicken, beef)  
Brussels sprouts  
Buffalo  
Cabbage  
Cantaloupe  
Carrots  
Celery  
Cheese  
Chicken  
Cinnamon  
Coconut (oil, meat, and water)  
Corn  
Cranberries  
Cucumber  
Eggs  
Fish oil  
Flax oil  
Honeydew melon  
Kiwi  
Lamb

Leafy greens  
Mango  
Nectarines  
Oats  
Olive oil  
Organ meat (gizzard, heart, liver)  
Papaya  
Parsley  
Peanut butter (salt-free, sugar-free)  
Pears  
Peas  
Pheasant  
Pineapple  
Pork  
Potato (no peeling)  
Pumpkin  
Quinoa  
Rabbit  
Raspberries  
Rice  
Sardines  
Salmon  
Sprouts  
Squash  
Strawberries  
Sweet potatoes  
Turkey  
Venison  
Watermelon (no seeds)  
Yams  
Yogurt (plain)  
Zucchini

## Common Household Toxins for Pets & Poison Control Hotline

# The Top 10 Toxins of 2022

In 2022, our Animal Poison Control Center received calls about 335,136 items that pets were exposed to. Here are the Top Ten items.



If you have any reason to suspect your pet has ingested something toxic, please contact the **ASPCA Animal Poison Control Center at (888) 426-4435** or your veterinarian.

**ASPCA** | (888) 426-4435  
Animal Poison Control Center

## Dental Disease

East Bay SPCA Theodore B. Travers Full Service Veterinary Clinic  
(510) 569 – 1606 clinic@eastbayspca.org

### What is dental disease?

Dental disease is a painful condition that occurs when bacteria, plaque, and tartar build up on the teeth and get trapped beneath the gumline. The bacteria can be absorbed into the bloodstream and wreak havoc on other major organs throughout the body.

### Dental Disease Facts

Here are 10 facts you need to know so you can be an advocate for your pet's oral (and overall) health:

1. **Dental disease begins early in life.** By the age of three, most dogs and cats have some degree of dental disease. The early signs of dental disease in pets include bad breath, yellow tartar buildup on the teeth, and red and swollen gums.
2. **Dental disease causes significant, chronic pain in pets.** When dental disease is discovered later, after years of tartar, plaque, and bacteria buildup have caused infection, inflammation, and diseased teeth, your pet has already experienced significant, chronic, life-changing pain. But animals are experts at hiding signs of pain, so the pain may go unnoticed by you. Instead, you may see that your pet is increasingly irritable and lethargic and has a decreased appetite—changes you may attribute to your pet's advancing age or other lifestyle factors. But after a proper and thorough dental procedure, many pet owners report the emergence of “a whole new pet”—one who is happier and more active.
3. **X-rays are essential for diagnosing dental disease.** After examining dental radiographs (X-rays) of cats and dogs with teeth that appeared normal to the naked eye, veterinarians found 27.8% of dogs and 41.7% of cats had diseased teeth. In pets with abnormal-looking teeth, veterinarians found additional diseased teeth in 50% of dogs and 53% of cats.<sup>1</sup>
4. **Anesthesia makes dental evaluation and treatment safer and less stressful for your pet.** During your pet's dental procedure, veterinarians and technicians use sharp, sterilized instruments. Animals don't like to hold still while X-rays are taken and these sharp instruments are used to clean their teeth. Placing your pet under anesthesia during the procedure allows your veterinarian to make a more accurate diagnosis and decrease the chance of complications. Your pet will rest comfortably while the veterinary team safely performs a thorough and proper dental cleaning.
5. **Anesthesia is much safer than you may think.** Before anesthesia, your pet will be carefully screened with bloodwork and other tests to ensure she is free from underlying disease. During the dental procedure, a trained professional will be dedicated to continuously monitoring, recording vital signs, and communicating the findings to the veterinarian.
6. **Non anesthetic dentistry is stressful, unsafe, and ineffective.** Imagine multiple strangers holding you down and speaking a language you don't understand. They're

shining bright lights in your face and inserting sharp, scary instruments into your mouth that pinch and poke. This is what your pet would endure during a non-anesthetic dental procedure. Without anesthesia, it's impossible to obtain X-rays to see what lies beneath your pet's gumline. It is also impossible to safely and effectively clean the teeth using those sharp instruments while the pet is awake.

7. **Removing plaque from teeth beneath the gumline is vital.** In fact, it's even more important than scaling the portion of the teeth we can see. Bacteria thrive under the gumline, causing infections deep in the tooth root and jaw that can spread throughout the body and affect other organs, such as the heart and kidneys.
8. **Your veterinarian may create a personalized pain protocol to keep your pet comfortable.** Although your pet will be anesthetized during a tooth extraction, numbing medications will decrease the amount of general anesthetic needed and can last up to eight hours after the procedure, allowing your pet to rest in comfort. Your veterinarian can tailor your pet's prescription pain medication to match the procedure so he'll recover peacefully at home.
9. **Homecare is an essential part of taking care of your pet's oral health.** Brushing your cat or dog's teeth every day will promote good oral health and prevent potentially expensive surgeries down the road. It's easier than you think: There are even special pet toothpastes flavored like beef, chicken, fish, and peanut butter. (Note: Never use human toothpaste, which can contain ingredients like xylitol that are toxic to animals.) Also, the accumulation of plaque and tartar can be prevented by feeding your pet a special dental diet—food that's specifically designed to help preserve oral health.
10. **Not all pet dental products are created equal.** If you aren't able to brush your pet's teeth as often as you'd like, consider using other dental products designed to help maintain your pet's oral hygiene. Be sure to look for products approved by the [Veterinary Oral Health Council \(VOHC\)](#). Products that aren't approved by the VOHC, or those that are too hard to bend or break easily—like animal antlers and bones, synthetic bones, and others—can easily fracture your pet's teeth.

### [Veterinary Oral Health Council Products](#)

Products for Dogs [http://www.vohc.org/VOHCAcceptedProductsTable\\_Dogs.pdf](http://www.vohc.org/VOHCAcceptedProductsTable_Dogs.pdf)

Products for Cats [http://www.vohc.org/VOHCAcceptedProductsTable\\_Cats.pdf](http://www.vohc.org/VOHCAcceptedProductsTable_Cats.pdf)



## Flea Information and Prevention

Fleas are the most common external parasite found on cats and dogs. Fleas are small, flightless insects that live on host animals and feed on their blood. Below is information on how to prevent fleas and how to break up an existing infestation.

### **How did my pet get fleas if they stay indoors?**

- Fleas can easily come inside by hitchhiking on humans and by sneaking in through tiny cracks in window and door frames.
- Adult fleas will find a host (your pet) to live and feed on and will stay with that host for most of their lives.
- Adult fleas lay eggs on your pet, and these eggs fall onto bedding, furniture, carpet, etc. Once the eggs hatch, the fleas will jump onto a nearby host animal to start feeding, continuing the life cycle.

### **What is the harm in a few fleas?**

- Adult fleas consume up to 15 times their body weight in blood at every meal. Over time, this can lead to significant blood loss and anemia for your pet.
- Fleas make your pet itchy and uncomfortable. Some pets also have an increased sensitivity to flea saliva, this can cause an allergic reaction called flea allergy dermatitis.
- Fleas also carry the eggs of tapeworms, an internal parasite. When your pet naturally grooms themselves, they will occasionally swallow a flea. The tapeworm eggs inside the flea will then hatch and live inside your pet's intestines. Tapeworms can cause vomiting, diarrhea, weight loss, and decreased appetite in your pets.

### **How do I get rid of fleas?**

- Use a flea preventative! The best and most effective way to get rid of an infestation and to prevent a re-infestation is to keep all pets in your household on flea prevention year-round for their entire lives.
- Use a flea comb to remove fleas that are currently on your pet. You can kill the fleas that are removed with the comb by flushing them down the toilet or drowning them in hot, soapy water.
- Frequently wash your pet's bed, blankets, clothing, etc. to kill existing flea eggs before they hatch.
- Vacuum carpet and upholstery often and promptly empty the vacuum bag into an outdoor trash.
- Keep outside areas tidy and free of debris. When a suitable host is not nearby, fleas live in warm, moist areas like leaf and yard clipping piles.
- Consider using a spray or powder in your home and yard. These products can be purchased where pet supplies are sold.

## Re-Homing Your Pet

East Bay SPCA Owner Surrender & Rehoming Information  
(510) 569 – 0702 [customercare@eastbayspca.org](mailto:customercare@eastbayspca.org)

If you've made the difficult decision to find a new home for your beloved pet, we highly recommend that you first try to privately re-home them. We have compiled some valuable tips to aid in the re-homing process.

### **Prepare yourself and your pet.**

- Give yourself time. Re-homing is a process. As soon as you have made the decision to re-home, begin the process of searching for a new home.
- Prepare your pet by making sure they are up to date on vaccines and have been spayed or neutered.
- If your pet has any behavior or health concerns, be upfront about these with potential adopters. Failure to do so may result in your pet being abandoned by their new if they are not prepared to handle these issues.
- Come up with a screening process when interviewing potential adopters. Think about what needs your pet has and consider these in your screening process.

### **Find a New Home**

- Reach out to friends, family, coworkers, and neighbors to see if they are interested in adopting your pet. Ask them to spread the word to people they trust.
- Try posting on social media websites. Ask those you trust to spread the word to people they think might be interested.
- Look into a private re-homing website. A few are listed below.
- Reach out to the rescue organization, breeder, etc. where you got your pet. Ask if they can take your pet in or assist you in finding a new owner.
- If your pet is purebred, consider looking into a breed-specific rescue to see if they can take your pet in or assist you in finding a new owner.

### Private Re-Homing

Get Your Pet  
[getyourpet.com](http://getyourpet.com)

Home to Home  
[home-home.org](http://home-home.org)

Rehome by Adopt a Pet  
[rehome.adoptapet.com](http://rehome.adoptapet.com)

### Temporary Foster

911 Foster Pets – provides temporary fostering while owners secure housing  
[911fosterpets.com](http://911fosterpets.com)

Dogs on Deployment – resources on boarding and financial assistance for military members  
<https://www.dogsondeployment.org/>

*If you have exhausted the resources above, look into surrendering your pet at East Bay SPCA. More information available on our website: <https://eastbayspca.org/what-we-do/help-caring-for-your-pet/re-home-your-pet/pet-surrender/>*

## Lost & Found Pets

East Bay SPCA Lost and Found Pet Support  
(510) 569 – 0702 [customer@eastbayspca.org](mailto:customer@eastbayspca.org)

### Online Resources & Tools

Petco Love Lost

<https://lost.petcolove.org/>

Pet Microchip Registry Lookup

<https://www.aaha.org/petmicrochiplookup>

Lost My Doggie

<https://lostmydoggie.com/>

Lost My Kitty

<https://lostmykitty.com/>

Missing Animal Response Network

<https://www.missinganimalresponse.com/lost-pet-help/>

Mission Reunite

<https://missionreunite.org/>

Paw Boost

<https://www.pawboost.com/>

Michelson Found Animals

<https://www.foundanimals.org/>

### What To Do If Your Pet Is Missing

1. Immediately contact your local animal control agency to report your missing dog or cat. All found stray animals go to the shelter that your city or town is contracted with for animal services to allow owners to find and reclaim. If you live near a border between cities, it is important that you report your lost pet to both cities' animal control agencies.
2. If your pet is microchipped, contact your microchip company to inform them your pet is lost. Make sure your information is up to date with your pet's microchip company. Current address and phone numbers allow a shelter or veterinarian to reach you in case your pet is found.
3. Check with your local veterinary clinics in case injured pets may have been taken to a vet by a concerned resident.
4. Place flyers around the area your pet was lost describing your missing pet with photos and leave a contact number in case your pet is found. Include your pet's color, size, age, sex, and any special markings, as well as the date when your pet was lost. Notify your neighbors and search the area thoroughly especially in the evenings, since pets may hide during the day. Be sure to remove the posters once you have found your pet.
5. Post online. If your neighborhood has message or bulletin boards or if you have a NextDoor account, post the photo and animal description for your neighbors to view. You can also spread the word on social media sites, like Facebook and Twitter, and to sites like Pet Harbor, Finding Rover, PawBoost, Lostmydoggie, Lostmykitty, and Craigslist.

### What To Do If You Find A Pet

Should you find a stray or lost pet, immediately contact your local Animal Control agency in order to give the pet the best chance of being reunited with its owner. If you have any concerns about abuse or neglect based on the pet's condition when you found them, please discuss these concerns with your local Animal Control. If the pet is in questionable condition

and is claimed by an owner, Animal Control is the appropriate party to discuss any concerns regarding the pet's welfare.

### **What You Can Do to Help**

1. You may be asked by your local Animal Control agency to temporarily keep the pet in your home if you are able to care for them while they try to find the pet's owner. They will handle the return of the pet to the owner and will contact you if they have made an owner match. Please note that before you can consider keeping the animal permanently, by law you must actively try to find the owner of a found pet for at least 30 days, including filing a found animal report and having the pet scanned for a microchip, before you can consider keeping them as your own.
2. Place flyers around the area the pet was found describing the missing pet with photos and include a contact number. Include the pet's color, size, age, sex, and any special markings, as well as the date when the pet was found.
3. Post online. If your neighborhood has message or bulletin boards or if you have a [NextDoor](#) account, post the photo and animal description for your neighbors to view. You can also spread the word on social media sites, like [Facebook](#) and [Twitter](#), and to sites like [Pet Harbor](#), [Petco Love Lost](#), [PawBoost](#), [Lostmydoggie](#), [Lostmykitty](#), and [Craigslist](#).

## Emotional Support Animals (ESA)

An emotional support animal (ESA) is a pet that has been determined to alleviate, reduce, or aid in the relief of symptoms of a person with a health or mental health condition. ESAs are sometimes referred to as “Companion Animals” and “Support Animals”, but they are not referred to as “Service Animals”.

### **ESAs support us through the natural benefits of being around an animal by providing us:**

- Emotional support – animals can share affection with us and provide comfort.
- Physical benefits – spending time with animals can lead to decreased heart rate and lower blood pressure.
- Psychological purpose – having an animal to care for gives us a sense of purpose and makes us feel needed.
- Social interaction – spending time with an animal can reduce loneliness.

### **ESAs are Not Service Animals**

- ESAs are not trained to do tasks like service animals are. Instead, their support comes from the natural benefits of having and spending time with animals.
- ESAs do not have the same public access granted to service animals.

ESAs are not considered pets and therefore do not have the same rules and regulations that pets do when it comes to housing.

There is no central “ESA Registry”. Online you will find many websites offering “ESA Letters” and other documentation. Registering through one of these websites will not provide you with the appropriate documentation needed to designate an animal as an ESA.

Your doctor or licensed therapist will provide you with an ESA letter if deemed necessary. This letter can be given to your landlord or housing manager to request the reasonable accommodation of having an ESA in your home.

### **HUD’s Sample letter for Companion Animal**

[https://www.hud.gov/sites/documents/DOC\\_7399.doc](https://www.hud.gov/sites/documents/DOC_7399.doc)

### **Assistance Dogs of America’s Sample ESA letters**

[https://assistancedogregistry.com/law\\_information/sample-esa-dog-physician-letters/](https://assistancedogregistry.com/law_information/sample-esa-dog-physician-letters/)

### **Fair Housing Explained – Reasonable Accommodation Verification**

<https://www.thehousingcenter.org/wp-content/uploads/2022/01/Fair-Housing-Explained-RA-Verifications.pdf>

## Service Animals

### Service Animal FAQs

**What is a service animal?** Under the ADA, a service animal is defined as a dog that has been individually trained to do work or perform tasks for an individual with a disability. The task(s) performed by the dog must be directly related to the person's disability.

**What does do work or perform tasks mean?** The dog must be trained to take a specific action when needed to assist the person with a disability. For example, a person with diabetes may have a dog that is trained to alert him when his blood sugar reaches high or low levels. A person with depression may have a dog that is trained to remind her to take her medication. Or, a person who has epilepsy may have a dog that is trained to detect the onset of a seizure and then help the person remain safe during the seizure.

**Are emotional support, therapy, comfort, or companion animals considered service animals under the ADA?** No. These terms are used to describe animals that provide comfort just by being with a person. Because they have not been trained to perform a specific job or task, they do not qualify as service animals under the ADA. However, some State or local governments have laws that allow people to take emotional support animals into public places. You may check with your State and local government agencies to find out about these laws.

**If someone's dog calms them when having an anxiety attack, does this qualify it as a service animal?** It depends. The ADA makes a distinction between psychiatric service animals and emotional support animals. If the dog has been trained to sense that an anxiety attack is about to happen and take a specific action to help avoid the attack or lessen its impact, that would qualify as a service animal. However, if the dog's mere presence provides comfort, that would not be considered a service animal under the ADA.

**Does the ADA require service animals to be professionally trained?** No. People with disabilities have the right to train the dog themselves and are not required to use a professional service dog training program.

**Are service-animals-in-training considered service animals under the ADA?** No. Under the ADA, the dog must already be trained before it can be taken into public places. However, some State or local laws cover animals that are still in training.

More information can be found online at the ADA Website:  
<https://www.ada.gov/resources/service-animals-faqs/>

## [Pet Loss Support](#)

*East Bay SPCA has a dedicated packet of resources and support specifically tailored to pet loss and grief. We understand the profound impact of losing a beloved pet and we are here to support you during this difficult time. If you would like to receive a copy of this packet, please don't hesitate to reach out to us. We are more than happy to offer guidance and support as you navigate the grieving process.*

Alternatively, if you are viewing this packet on a web browser, you can click the link below and it will bring you to a copy online you can view.

[Pet Loss Support and Grief Resources Compilation Feb 2023.pdf](#)

## [Human Animal Bond Research](#)

Waggle – The Human Animal Bond – Yesterday, Today, and Tomorrow

<https://www.waggle.org/resource-center/the-human-animal-bond-yesterday-today-and-tomorrow>

Human Animal Bond Research Institute – The Pet Effect

<https://habri.org/the-pet-effect/>

Waltham PetCare Science Institute – Human Animal Interaction

<https://www.waltham.com/science/human-animal-interaction>

## Organizations and Resources for You

The following organizations have been listed below for your reference. The requirements for assistance vary, so please review the requirements for each individually. Updated June 2023.

### Transportation

Getting Around Oakland

<https://www.visitoakland.com/plan/getting-around/>

ACTransit Trip Planner

<https://www.actransit.org/>

Oakland Paratransit Services

<http://www.eastbayparatransit.org/>

Oakland Taxi Up & Go Program (TUGO)

<https://www.oaklandca.gov/services/apply-for-taxi-up-go-program-tugo>

211 Alameda County – Transportation Resource Finder

[211alamedacounty.org/2-1-1-alameda-county-transportation-resource-finder](http://211alamedacounty.org/2-1-1-alameda-county-transportation-resource-finder)

Davis Street – Emergency Transportation Assistance

[davisstreet.org/basic-needs/emergency-transportation-assistance-program](http://davisstreet.org/basic-needs/emergency-transportation-assistance-program)

Alameda County General Services Agency – Free Shuttles

<https://gsa.acgov.org/local-services/take-a-free-shuttle/>

Alameda County Health Care for the Homeless Resources

[https://www.achch.org/uploads/7/2/5/4/72547769/transporation\\_guide\\_for\\_consumers\\_09152020.pdf](https://www.achch.org/uploads/7/2/5/4/72547769/transporation_guide_for_consumers_09152020.pdf)

### Access to Food

211 Alameda County – Click on “Food”

[211alamedacounty.org/2-1-1-alameda-county-resource-finder](http://211alamedacounty.org/2-1-1-alameda-county-resource-finder)

211 Contra Costa County – Click on “Food Assistance”

[cccc.myresourcedirectory.com](http://cccc.myresourcedirectory.com)

Davis Street Food Pantry, Free Clothing, and Garage Sale Fridays

[davisstreet.org](http://davisstreet.org)

Alameda County Community Food Bank

[accfb.org](http://accfb.org)

Alameda Food Bank

[alamedafoodbank.org](http://alamedafoodbank.org)

Loaves and Fishes of Contra Costa

[loavesfishescc.org](http://loavesfishescc.org)

Alameda County Social Services Agency – CalFresh Program

<https://www.alamedacountysocialservices.org/our-services/Health-and-Food/CalFresh/index>

Food & Nutrition for Older Adults

<https://www.alamedacountysocialservices.org/our-services/Health-and-Food/Other-Support/senior-food>

Alameda County Food Bank / CalFresh Food

<https://foodnow.net/>



## Intimate Partner Violence (Domestic Violence)

National Domestic Violence Hotline  
(800) 799-7233

Ruby's Place (local)  
[rubysplace.org](http://rubysplace.org)

Domestic Shelters (searchable database)  
[domesticshelters.org](http://domesticshelters.org)

Safe Havens for Pets (searchable database)  
[safehavensforpets.org](http://safehavensforpets.org)

SAVE Services (local)  
[save-dv.org](http://save-dv.org)

A Safe Place (local)  
[asafeplace.org](http://asafeplace.org)

Building Futures  
[bfwc.org](http://bfwc.org)

Family Violence Appellate Project  
[fvaplaw.org](http://fvaplaw.org)

Family Violence Law Center  
[fvlc.org](http://fvlc.org)

Next Door Solutions to Domestic Violence  
[nextdoorsolutions.org](http://nextdoorsolutions.org)

Resource on Safety Planning for your pets  
<https://www.thehotline.org/plan-for-safety/pet-safety-during-domestic-violence/>

## Mental Health

211 Alameda County – Click on “Mental Wellness”  
[211alamedacounty.org/2-1-1-alameda-county-resource-finder](http://211alamedacounty.org/2-1-1-alameda-county-resource-finder)

211 Contra Costa County – Click on “Mental Health”  
[cccc.myresourcedirectory.com](http://cccc.myresourcedirectory.com)

211 Contra Costa County Suicide Prevention Resources (Immediate Crisis, Adult/Youth Mental Health, Family Support, School Based Services)  
[cccc.myresourcedirectory.com/index.php/en/suicide](http://cccc.myresourcedirectory.com/index.php/en/suicide)

Alameda County Behavioral Health Services  
[acbhcs.org](http://acbhcs.org)

Alameda County Behavioral Health – Mental Health Services Act  
[acmhsa.org](http://acmhsa.org)

Alameda Free – Mental Health List of Programs  
[alamedafree.org/PROGRAMS-SERVICES/Community-Resources/Mental-Health](http://alamedafree.org/PROGRAMS-SERVICES/Community-Resources/Mental-Health)

Crisis Text Line  
[crisistextline.org](http://crisistextline.org)

Mental Health Association of Alameda County  
[mhaac.org/mental-health-resources](http://mhaac.org/mental-health-resources)

National Alliance on Mental Illness Support and Education  
[nami.org/Support-Education](http://nami.org/Support-Education)

## Physical Health and Wellness

211 Alameda County – Click on “Physical Health”

[211alamedacounty.org/2-1-1-alameda-county-resource-finder](https://211alamedacounty.org/2-1-1-alameda-county-resource-finder)

211 Contra Costa County – Click on “Health and Dental Care”

[cccc.myresourcedirectory.com](https://cccc.myresourcedirectory.com)

Contra Costa Health Services – COVID-19 Resources and Information

[cchealth.org/covid19](https://cchealth.org/covid19)

Alameda County Health Care for the Homeless – Primary Care

[achch.org/primary-care.html](https://achch.org/primary-care.html)

Alameda County Health Care for the Homeless – Dental Care

[achch.org/dental-care.html](https://achch.org/dental-care.html)

AIDS Project of the East Bay

[apeb.org](https://apeb.org)

Davis Street – Primary Care Clinic

[davisstreet.org/primary-care-clinic](https://davisstreet.org/primary-care-clinic)

Alameda County Nutrition Services

[acphd.org/nutrition-services](https://acphd.org/nutrition-services)

Wellness Works – Alameda County

[acgov.org/wellness](https://acgov.org/wellness)

## Shelter and Homelessness

211 Alameda County – Click on “Shelter and Homelessness Resources”

[211alamedacounty.org/2-1-1-alameda-county-resource-finder](https://211alamedacounty.org/2-1-1-alameda-county-resource-finder)

Alameda Free – General Resources, Shelters, Health Care, Food Resources, Legal Resources

[alamedafree.org/PROGRAMS-SERVICES/Community-Resources/Homeless](https://alamedafree.org/PROGRAMS-SERVICES/Community-Resources/Homeless)

Homeless Action Center

[homelessactioncenter.org](https://homelessactioncenter.org)

Alameda County Health Care for the Homeless – Street Health Team

[achch.org/street-health.html](https://achch.org/street-health.html)

East Oakland Community Project

[eocp.net](https://eocp.net)

Punks with Lunch West Oakland

<https://www.punkswithlunch.org/>

Insight Housing – Building Community Together

<https://insighthousing.org/>

City Team Oakland

<https://cityteam.org/oakland/>

Tiny Homes Project

<https://www.firstpreshayward.com/tiny-homes>

List of Pet Friendly Shelters by City

<https://www.shelterlist.com/state/california>

## Substance Use & Recovery

211 Alameda County – Click on Substance Abuse

[211alamedacounty.org/2-1-1-alameda-county-resource-finder](https://211alamedacounty.org/2-1-1-alameda-county-resource-finder)

Alameda County Health Care for the Homeless – Substance Use Treatment

[achch.org/substance-use-treatment.html](https://achch.org/substance-use-treatment.html)

Alameda County Health Care for the Homeless – Opioid Overdose Responder and Naloxone Virtual Training

[achch.org/opioid-overdose-responder-naloxone-training.html](https://achch.org/opioid-overdose-responder-naloxone-training.html)

Alta Mira Pet Friendly Recovery Campus & Center

<https://www.altamirarecovery.com/the-experience/campus/>

## Pet Disaster Preparedness

Local Emergency Alert & Notification System

<https://member.everbridge.net/453003085612570/ov>

Contra Costa County Office of the Sheriff – Community Warning System

<https://cwsalerts.com/>

RedRover Essential Pet Disaster Tips

<https://redrover.org/pet-disaster-preparedness/>

Centers for Disease Control & Prevention - Pet Safety in Emergencies

<https://www.cdc.gov/healthypets/keeping-pets-and-people-healthy/emergencies.html>

CalFire – Current Emergency Incidents

<https://www.fire.ca.gov/>

Federal Emergency Management Agency (FEMA)

<https://www.fema.gov/>

## Employment Support

Alameda Free Employment List of Programs

[alamedafree.org/PROGRAMS-SERVICES/Community-Resources/Employment](https://alamedafree.org/PROGRAMS-SERVICES/Community-Resources/Employment)

211 Alameda County – Click on “Employment Assistance”

[211alamedacounty.org/2-1-1-alameda-county-resource-finder](https://211alamedacounty.org/2-1-1-alameda-county-resource-finder)

211 Contra Costa County – Click on “Education/Job Training”

[cccc.myresourcedirectory.com](https://cccc.myresourcedirectory.com)

Building Opportunities for Self-Sufficiency (BOSS)

<https://www.self-sufficiency.org/>

CalFresh Employment & Training

<https://www.alamedacountysocialservices.org/our-services/Work-and-Money/Other-Support/Calfresh-employment>

## Financial Assistance and Public Benefits

211 Alameda County – Click on “Financial Assistance and Public Benefits”  
[211alamedacounty.org/2-1-1-alameda-county-resource-finder](https://211alamedacounty.org/2-1-1-alameda-county-resource-finder)

211 Contra Costa County – Click on “Financial Services”  
[cccc.myresourcedirectory.com](https://cccc.myresourcedirectory.com)

Homeless Action Center  
[homelessactioncenter.org](https://homelessactioncenter.org)

CalWorks  
<https://www.alamedacountysocialservices.org/our-services/Work-and-Money/CalWORKs/index>

Medi-Cal  
<https://www.alamedacountysocialservices.org/our-services/Health-and-Food/Medi-Cal/index>

General Assistance  
<https://www.alamedacountysocialservices.org/our-services/Work-and-Money/General-Assistance/index>

## Legal Support

Lawyers in the Library – Local/Alameda County  
[alamedafree.org/PROGRAMS-SERVICES/Community-Resources/Lawyers-in-the-Library](https://alamedafree.org/PROGRAMS-SERVICES/Community-Resources/Lawyers-in-the-Library)

Alameda Free – Legal Resources  
[alamedafree.org/PROGRAMS-SERVICES/Community-Resources/Legal-Resources](https://alamedafree.org/PROGRAMS-SERVICES/Community-Resources/Legal-Resources)

211 Alameda County – Click on “Legal Assistance”  
[211alamedacounty.org/2-1-1-alameda-county-resource-finder](https://211alamedacounty.org/2-1-1-alameda-county-resource-finder)

211 Contra Costa County – Click on “Legal Services” [cccc.myresourcedirectory.com](https://cccc.myresourcedirectory.com)

Bay Area Legal Aid  
[baylegal.org](https://baylegal.org)

Housing Rights Hotline 1-800-477-5977  
<https://www.housingrightscenter.org/>

East Bay Community Law Center  
<https://ebclc.org/>

Eviction Defense Center – Oakland  
<https://www.evictiondefensecenteroakland.org/>

Centro Legal De La Raza  
<https://www.centrolegal.org/>

## [Housing Support \(Rent, Eviction, Finding Housing\)](#)

Animal Humane Society – Conducting a Successful Housing Search  
<https://www.animalhumanesociety.org/resource/conducting-successful-housing-search>

Housing Rights Hotline 1-800-477-5977  
<https://www.housingrightscenter.org/>

211 Alameda County – Click on “Shelter/Housing”  
[211alamedacounty.org/2-1-1-alameda-county-resource-finder](http://211alamedacounty.org/2-1-1-alameda-county-resource-finder)

211 Contra Costa County – Click on “Shelter/Housing”  
[cccc.myresourcedirectory.com](http://cccc.myresourcedirectory.com)

National Dog Inclusive Rental Database  
<https://www.mypitbullisfamily.org/housing/>

Housing Consortium of the East Bay (HCEB)  
<http://hceb.org/>

Bay Area Community Services  
[bayareacs.org](http://bayareacs.org)

Habitat for Humanity – East Bay/Silicon Valley  
<https://www.habitatsv.org/>

Community Housing Development Corporation  
<https://communityhdc.org/>

Centro De La Raza – Legal – Eviction Defensive Representation, Legal Assistance, Policy Advocacy, Tenant Right  
[centrolegal.org](http://centrolegal.org)

Davis Street – Housing Assistance Information  
[davisstreet.org/basic-needs/housing-assistance-information](http://davisstreet.org/basic-needs/housing-assistance-information)

Insight Housing – formerly Berkeley Food and Housing Project  
[insighthousing.org](http://insighthousing.org)

Richmond Neighborhood Housing Service, Inc.  
<https://richmondnhs.org/>

Oakland Housing Resource Center  
<https://www.oaklandca.gov/resources/housing-resource-center>

Fair Housing Explained – Reasonable Accommodation Verifications  
<https://www.thehousingcenter.org/wp-content/uploads/2022/01/Fair-Housing-Explained-RA-Verifications.pdf>

211 Alameda County – Click on “Shelter/Housing”  
[211alamedacounty.org/2-1-1-alameda-county-resource-finder](http://211alamedacounty.org/2-1-1-alameda-county-resource-finder)

211 Contra Costa County – Click on “Shelter/Housing”  
[cccc.myresourcedirectory.com](http://cccc.myresourcedirectory.com)

Animal Humane Society – Moving Successfully with Pets Tips  
<https://www.animalhumanesociety.org/resource/moving-successfully-pets>

