

# First Aid Quick Reference

Emergency symptoms and immediate actions for backyard chickens. Designed for quick reference only — not a replacement for veterinary care.

## Heat Stress

- **Signs:** Panting, wings held away from body, lethargy, pale comb
- **Action:** Move to shade immediately
- **Action:** Offer cool (not icy) water
- **Action:** Lightly mist feet and ground to reduce body temperature
- **Action:** Improve airflow — never ice-bath a chicken

## Injury or Bleeding

- **Signs:** Visible wounds, limping, blood on feathers
- **Action:** Isolate bird from flock
- **Action:** Apply gentle pressure to stop bleeding
- **Action:** Clean wound with saline or clean water
- **Action:** Seek veterinary advice for deep wounds

## Egg Binding

- **Signs:** Straining, lethargy, swollen abdomen, penguin-like stance
- **Action:** Place hen in a warm, quiet area
- **Action:** Offer hydration
- **Action:** Epsom salt bath may help relax muscles
- **Action:** Seek urgent veterinary assistance if unresolved

## Sudden Lethargy or Isolation

- **Signs:** Puffing up, eyes closed, unwilling to move
- **Action:** Isolate bird in a quiet, warm space
- **Action:** Offer water and easily accessible food
- **Action:** Monitor closely for changes
- **Action:** Seek professional advice if condition worsens

Keep contact details for a poultry-experienced veterinarian handy. Early action can save lives.