

# Squawk 'n Talk

March 2020

**JOIN US SUNDAY MARCH 15TH TO MEET  
DR. MICHELLE WHITEHEAD DVM**  
AVIAN & EXOTICS MEDICINE - BLUEPEARL PET HOSPITAL

## AVIAN DIAGNOSTIC IMAGING (X-RAYS, ULTRASOUNDS, CT SCANS AND SCOPES)

In avian medicine, we must carefully assess the reason, prioritize the benefit, and weigh the risks associated with every test we consider performing. Diagnostic Imaging includes a wide range of tests such as x-rays, ultrasound, CT scan, and endoscopy (scope), which each have strengths and weaknesses. These tests often complement each other and can be used in tandem to gain the most information with the ultimate goal of obtaining a diagnosis and maximizing treatment success. This presentation will highlight the various imaging techniques available in birds, with some real case examples.



As always, the event is free for humans and your feathered friends! If your bird is fully flighted, we ask that they remain in a carrier or on a harness. You do not have to be a member to attend, but we'd love for you to join.

**1:00P CLUB MEETING**  
**1:30P LUNCH**  
**2:00P PRESENTATION**



## Chirps from the President's Perch

Thank you to Heidi Hellmuth for her presentation titled "Overcoming Fear - Strategies for working with nervous animals and dealing with unwanted behaviors" at our February meeting. The presentation was very informative and provided many helpful suggestions in dealing with the behaviors of our parrots and other pets.

The March speaker will be Dr. Michelle Whitehead, DVM (Avian & Exotics Medicine BluePearl Pet Hospital). Dr. Whitehead will be presenting "Avian Diagnostic Imaging – Understanding the benefits and risks associated with x-rays, ultrasounds, CT scans and scopes". We hope you are able to join us on March 15.

### Monthly Newsletter Announcement –

The GPC Newsletter is going "paperless" and the March 2020 Newsletter will be our final printed newsletter sent via postal mail. Beginning April 2020 our Newsletter will be sent via email only, or you may visit our website at [www.gatewayparrotclub.org/](http://www.gatewayparrotclub.org/) at any time to access our current and past newsletters. Our website also lists our monthly meeting dates, announcements and cancellations. An electronic only newsletter will be more environmentally friendly and will reduce the consumption of paper (trees) and toner, reduce mailing expenses, and the time required to reformat the newsletter each month for printing. (Many times we must pay extra postage due to the newsletter content and length.) The electronic version of the newsletter can contain any quantity and larger photos, and any number of articles of various lengths. Our savings to go "paperless" is approximately \$150.00 annually.

During the February meeting the Gateway Parrot Club accepted nominations for organizations to receive our annual grants. At the March meeting current paid members will vote for a total of three organizations to receive a grant of \$500.00 each. Below are individual organization summaries and a website link for you to learn more about the nominated organizations.

The Gabriel Foundation  
Iowa Parrot Rescue  
The Parrot Posse  
Quaker Parakeet Society (QPS)  
South Central Ill Bird Rescue  
St. Louis Avian Rescue (STAR)  
Wild Bird Rehabilitation (WBR)  
World Bird Sanctuary (WBS)

Please let us know your suggestions for potential speakers and topics of interest for our Monthly Speakers. The primary mission of the Gateway Parrot Club is education.

We hope to see you at our next meeting on Sunday, March 15<sup>th</sup>, at 1:00.  
Renee Davis  
March 2020

**The Gabriel Foundation** – The Gabriel Foundation® is a 501(c)(3) avicultural and veterinary affiliated parrot welfare organization licensed by the state of Colorado, promoting educational outreach, conservation, rescue, rehabilitation, adoption, and sanctuary pertaining to the needs of parrots everywhere. The Foundation's purpose is to serve as a research and educational model to the public-at-large, the veterinary medical community, the pet industry, humane animal welfare organizations and the avicultural community. The Foundation educates the public about the importance of providing appropriately for the welfare of parrots in captivity and the need to preserve the world's parrots in their wild habitats.

<https://thegabrielfoundation.org/about/> (lookup or copy/paste into your browser)

**Iowa Parrot Rescue** – Iowa Parrot Rescue is a 501(c)(3) nonprofit organization founded by Mike and Abi Hutchison. They have attended bird fairs to educate and inform and build support for the rescue. They have built a loyal family of volunteers and donors. By the end of 2018 that number was over 1,000. They cannot care for every needy bird, but act as mentors to help build local rescue that are well placed to care for local needs. They continue to build connections in the rescue community and to create a sturdy web of support. [www.iowaparrotrescue.org](http://www.iowaparrotrescue.org)

**The Parrot Posse** - the Parrot Posse is a 501(c)(3) nonprofit whose supporters help thousands of parrots in need across the United States every year. The Parrot Posse itself is neither a shelter nor a rescue. Instead, they help save parrots by helping rescues and sanctuaries on a regular basis, and by providing nationwide emergency support during natural disasters and law enforcement seizures. They are all volunteers, with no salaries, and virtually no overhead expenses. In the past few years, they have raised over \$400,000, mostly \$10 and \$20 at a time, and donated over a half million dollars of food, toys, nuts, perches, cages, and other supplies to parrot welfare groups. They have proven that by working together, they can make far more of a difference than when they work alone. [www.theparrotposse.com](http://www.theparrotposse.com)

**Quaker Parakeet Society (QPS)** - QPS strives to provide factual, detailed information on Quakers as companion parrots through education, encourages legalization of Quakers in states where they are currently banned, and strives to prevent further restriction of ownership, promotes protection and preservation of Quaker natural habitats, helps find homes for Quakers in need of a new home, and supports and encourages veterinary and aviculture research of all avian species. [www.quakerparakeetsociety.org](http://www.quakerparakeetsociety.org)

**South Central Illinois Bird Rescue** - South Central Illinois Bird Rescue is a 501(c)(3) nonprofit organization that rescues exotic birds, whether abandoned, neglected, abused, or left without an owner (whether by financial situations, illness, or death). They are located in South Central Illinois, and willing to travel to nearby states to rescue birds in need. They provide food, housing, vet care, behavior modification and most of all, LOVE for the birds at no cost to the owner. Their Mission is to rescue and rehabilitate exotic birds, provide them with medical and emotional care, and find their forever homes. [www.southcentralillinoisbirdrescue.org](http://www.southcentralillinoisbirdrescue.org)

**St. Louis Avian Rescue (STAR)** - STAR is a 501(c)(3) nonprofit organization whose mission is to assist companion birds in need of homes and to educate the community regarding bird care and health. They have volunteers who foster a variety of bird species with the eventual goal of the placement of these birds in forever homes. [www.staravian.org](http://www.staravian.org)

**Wild Bird Rehabilitation (WBR)** - The Wild Bird Rehabilitation is a 501(c)(3) nonprofit organization whose mission is to provide care for injured, ill, and orphaned native wild songbirds and to release them back into their natural habitat. WBR cares for more than 1800 birds annually representing over 100 native bird species. [www.wildbirdrehab.org](http://www.wildbirdrehab.org)

**World Bird Sanctuary (WBS)** - WBS is a 501(c)(3) nonprofit organization that preserves, protects, and inspires to safeguard bird species as part of the global community for future generations. Their mission is accomplished through education, captive breeding, field studies, and rehabilitation. [www.worldbirdsantuary.org](http://www.worldbirdsantuary.org)

## Pictures from our February Meeting

Another great turnout for our February meeting. Thanks to Heidi Hellmuth for helping us understand parrot behavior.







## **Overcoming Fear - Strategies for Introducing Enrichment with Nervous or Fearful Birds—Information from February 2020 GPC Presentation by Heidi Hellmuth:**

If you've ever said something like "I can't give them new things or enrichment, they're afraid of everything!" then this article is for you. It will offer some ideas and tools for helping introduce enrichment with nervous or fearful animals. The techniques for training nervous animals will be highlighted in a future article.

So where to begin? The first thing to do is learn as much as you can about the bird in question. This involves both the natural behavior of the species and the individual history of the bird in question. It's important to remember that parrots are prey animals, so a cautious nature is a very healthy thing to have. Even if the bird is captive bred and raised, these innate behaviors are still present. Also knowing as much as you can about the specific bird's history and life experience can help in understanding any fearful behavior.

Next you can begin figuring out what motivates the bird, especially favored foods, since this gives you a powerful tool for your enrichment and relationship building efforts. An easy way to learn this is a food preference test. Separate out the individual components of the food and treats you feed your bird and put them on a dish or tray. Then see what they eat first, second, and third for a few different days. Then you can take the top two or three favorite items and reserve them for working with the bird versus just free feeding these favorite foods in a bowl.

To continue to find out more things that might motivate your bird, try a simple likes/dislikes sheet. Take a sheet of paper with columns for likes and dislikes, and have everyone in the household jot down everything they can think of or see during a week or two that the bird seems to respond well to or that it seems to not like or be afraid of. This can be food, environmental conditions, certain people or other animals, objects and items, basically anything at all. Again, this just gives you information to help you work more effectively with a fearful bird – the things it likes can be used in your behavior program, the things it doesn't like can be reduced or eliminated to the extent possible.

So now you have some tools at your disposal and understand more about your bird. You can now really use this information to work to build a positive, trusting relationship. What does this mean? To steal a line from the great animal trainer Steve Martin, you want to change the bird's motivation from "Oh no, here they come" to "Oh boy, here they come!" A key component of this is to not push yourself on the animal, or try to impose yourself (or in this case enrichment) on them too fast, before you've been able to build up their comfort and trust in you at *their* pace.

A couple of strategies to help accomplish this: one I call the "Human Pez Dispenser" approach – offer the bird preferred food items, toys, etc. so that the bird associates you directly with these favored treats. The second is the "Drop and Go" method, and this is key and refers to the paragraph above where you aren't imposing yourself on the bird before you have the trust built up. In drop and go, these favored items you offer as the Human Pez Dispenser should be dropped in to the bird (for example in a bowl hung

within easy reach) and then you keep moving past and let them go to it at their own pace without you standing nearby.

One key in building trust and in establishing a strong relationship with your bird is to 'listen' to them – and by that I mean read their body language and behavior and then adjust your own behavior accordingly to make them as comfortable as possible. If they are moving away or seem nervous with you being close, back up until they seem relaxed and comfortable. With the Pez Dispenser and Drop and Go techniques, let their behavior tell you when they are ready for you to be closer to them as they take their treats. If they get nervous when you walk too near their cage or stand, make a wider berth so that they don't see your movement as scary or threatening which could hurt your relationship when you're trying to work with them. Give the bird control over your behavior, with the goal being to let them tell you when they are ready for that next step, and to take it at their pace and not yours.

OK, so how does this apply to enrichment? Well, some animals are neophobic, meaning nervous about change and new things. Again, think back to natural behavior. This makes perfect sense for a prey animal, being cautious of new things might save their life. There are different approaches to how handle this, some I think are more effective than others. One approach with nervous animals is to keep everything the same so that they don't get scared or stressed. On one hand this makes sense. Your bird is scared of change, you care about your bird, so you want to keep things the same so that they're comfortable. That's good, right? In one way, yes; but since life is full of change that is frequently out of our (and our animals') control, not learning to deal with new things calmly can set them up for even more stress in the future. Plus, enrichment and variation can be ways to give our animals a full and interesting life, so taking the time to get birds used to new things can open up a new world of fun and activity that makes their lives better in the long run.

Another strategy some have tried is to get animals used to change like enrichment with an immersion approach – put it everywhere so that they get used to it. Again, good intent, but it could have an unintended negative consequence. If your bird is afraid of new things or change, and you put a

lot of new items around them for enrichment, then they may view enrichment as even more negative and scary because it's everywhere and they can't escape it. So they may associate fear with enrichment in general, which is not what you want. Again, go back to a previous theme of not imposing yourself (or the enrichment) upon an animal before they are ready to accept it.

It's easy to talk about what not to do, but how do you introduce new things and enrichment to a fearful bird? There are two techniques that can help get your bird to learn to be comfortable with enrichment and change in a more positive way – habituation and desensitization.

Habituation is defined as the lessening or disappearance of a response with repeated presentations of the stimulus. It is the process of gradually getting an animal used to an item or situation that it normally reacts to (i.e. avoids or reacts negatively to) by prolonged or repeated exposure to that situation. For the purposes of this article, habituation will refer to a passive process, where the animal is exposed to new things and acclimates to them on their own. An example for enrichment is to start with it outside the cage so the bird can see the new item and get used to it, then gradually have it closer and closer until their behavior shows that you can put it inside for them to investigate on their own.

The definition of desensitization is the act of pairing a negative, or aversive event, with positive reinforcement until the event loses its aversive quality. Desensitization, in contrast with habituation, refers to an active process where favored items or other positive reinforcement is paired with the new item to build the more positive association. This can happen in two main ways – one is to put favored items near or on the new item and let the animal approach on its own to get the treats. The second way is for a person to actively use food or other positive things and to offer these items to the bird to get them used to being closer to or interacting with the new item.

Some examples of how this applies to enrichment. In the first method, the enrichment item is placed somewhere, and favorite foods or other items are placed near the item so that the bird can approach and get them, to associate the new item with the positive of the treats. As with all other steps

mentioned in this article, the food item should be placed far enough away at first so that the animal can get to it comfortably, and then gradually moved closer. Don't put the item too close in the beginning, where the bird is nervous or scared to get it – let their behavior tell you when to move it closer as their comfortability increases.

With the second method of desensitization, you actively pair the enrichment item with the treats. For example, you hold the enrichment item (as always, far enough away so the bird isn't scared), and give the bird a treat. Then holding it closer and closer, and eventually you can get to where you give the bird the treat for touching or interacting with the enrichment.

With either of these approaches, as has already been mentioned, listen to the animal's body language and behavior to dictate the pace, so that they see the enrichment as a positive thing versus one tied to fear. For example, the new item should first be introduced at a distance where the bird is comfortable and relaxed about it, whether through habituation or desensitization. If the bird seems scared of the item, back up and put it further away so that they are comfortable as it's introduced. Don't place new things where a bird can't easily avoid them, for example near food/water bowls, the cage door, or a favored perch. Put it somewhere where the bird has more choice in approaching it on its own, versus feeling forced into being near it before they're comfortable. Animals will generally respond more positively to change and enrichment if they are given the chance to make the choice how and when to approach it, at their own pace. Once the bird approaches the item without hesitation or nervousness, then that's your sign that it can be gradually moved closer.

Spending the time to build a positive, trusting relationship and helping teach your nervous bird to accept change and enrichment can open up a whole new world of positive things in their life. It's not always easy, but it's worth the time, and it's worth the effort. Good luck!

Heidi Hellmuth, March 2020

# **Gateway Parrot Club**



## ***Meeting Dates - 2020***

**January 19, Stephen Johnson, "Anatomy of a Training Session"**

**February 16, Heidi Hellmuth, "Overcoming Fear, Strategies for working with nervous animals and dealing with unwanted behaviors"**

**March 15, Dr. Michelle Whitehead, DVM (Blue Pearl)**

***April 19***

***May 17***

***June 14***

**\* Meeting will be on 2nd Sunday**

## General Meeting Notes

Come and enjoy the fun and bring a bird (as long as it is clipped). It's so enjoyable seeing all the different species of parrots and talking to other parrot owners.

You don't have to be a member to attend, but we would love to have you join. Meeting starts at 1:00 and it will be a full afternoon of meeting, socializing, eating, program, and raffle. For members who have not renewed their membership or who would like to join, please see Beth Poll, our membership chair person. She will be at the meeting to sign you up. An annual membership fee of \$20.00 includes your family (two voting members) and brings you our monthly newsletter by email, helps us to provide special speakers, and allows us the opportunity to support not-for-profit organizations. Thank you for joining and helping support the parrot community in St. Louis.

We meet at Varietees Bird Store, 60 Meramec Valley Plaza, Valley Park, MO. Varietees will be open in the afternoon so you can purchase bird food, supplies, toys, cages, play stands, etc.

GOT FEATHERS? If you do and want them to go to a good cause, bring them to club meeting and give to board member, Aubrey Kiener.

We do have a raffle most months so if you would like to donate item(s), they are always welcome. They do not have to be bird related. We sell raffle tickets for \$1.00 each or 6 for \$5.00.

Did you know that the Gateway Parrot Club has a Facebook group page? If you would like to join this group, search for "Gateway Parrot Club" in Facebook and request membership. We have over 700 members! Also check out our website at [gatewayparrotclub.org](http://gatewayparrotclub.org) If you ever want to contact the club via email, go to our website, select "Contact," select the board member you would like to contact, and send your message.

March meeting will be the month that corned beef and cabbage with carrots and potatoes will be featured on the menu. Chef Christine will also be bringing a cake. As usual there will be water and an assortment of soda. Please feel free to bring something to add to our food table. We appreciate anything you would like to share (dessert, salad, appetizer, etc.). It doesn't have to be homemade.

# PROTECTING YOUR PET BIRDS FROM HOUSEHOLD DANGERS



## INTRODUCTION

Everyone knows that when you have a toddler you must “child-proof” your home to ensure his safety. The same is true for those of us who have pet parrots and other birds in our homes. With the curiosity and mischievousness of a two-year-old, a beak designed for destruction, and the ability to fly, parrots in our homes can get into loads of trouble very quickly. Below are some hints on how to keep your pet parrot happy, healthy, and out of harm’s way.

### Don’t Let Your Bird Chew on Household Items

Birds’ beaks grow continuously, and chewing is a natural behavior. While chewing branches and leaves in the wild provides birds with exercise and entertainment, chewing on household items can be unsafe and even deadly. Below is a list of materials that can be toxic if ingested. This list is not exhaustive, however, so err on the side of caution and only let your bird chew on bird-safe toys.

#### Lead

Lead toxicity occurs in birds when the toxic metal lead is accidentally ingested. Lead is soft and has a sweet taste which makes it palatable. In the wild, birds become poisoned when they accidentally swallow lead shot or lead fishing sinkers. In our homes, common sources of lead include stained glass, lead solder, paint from old houses, curtain weights, costume jewelry, and fishing sinkers. Old Venetian blinds and linoleum may also contain lead. Unfortunately lead can also be present in poorly designed bird toys, or in metal objects given to birds to play with. Symptoms of lead toxicity include regurgitation, lethargy, weakness, red urine, seizures, muscle cramps, paralysis and death.

#### Zinc

Zinc toxicity also occurs in pet birds when zinc-containing items are ingested. Common sources of zinc include galvanized wire cages, metal hardware, and pennies minted after 1982. Symptoms of zinc toxicity include lethargy, weakness, diarrhea, regurgitation, and increased water consumption.



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#### Tobacco and Marijuana

Tobacco and marijuana can be very harmful if ingested. Nicotine poisoning is a real concern anytime a pet has access to cigarettes, chewing tobacco, nicotine gum or patches, or e-cigarettes. Symptoms of nicotine poisoning include tremors, vomiting and diarrhea, seizures, and coma. Marijuana intoxication can also occur, with symptoms of depression, weakness, loss of balance, and seizures. Be especially careful with edible products, such as nicotine gum or food containing marijuana derivatives, as what makes them tasty to us will also make them tasty to pet birds. As with other ingested toxins, seek veterinary care immediately if you suspect your pet has chewed on or eaten any of these products.



#### Common Plants

Some common plants can be toxic if ingested. There are reports of birds being poisoned after eating Crown vetch (*Coronilla varia*), *Rhododendron* species, and *Kalanchoe* species. Plants known to cause damage to the heart include oleander, yew, lily of the valley, and foxgloves. Acorns and oak leaves contain a type of tannin that causes liver damage. Other commonly seen plants that are toxic include Lantana, lilies of the valley, lilies, rhubarb, dumb cane, and umbrella plant. This list is not exhaustive, so make sure to check whether a plant is toxic or not before allowing your bird access to it.



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## Other Toxic Materials

Other toxic materials commonly found in homes include rodenticides, insecticides, old linoleum, and medications. Be sure to supervise your bird while it is out of its cage. If your bird has ingested any of the products listed above, or is acting ill, seek help immediately from an avian veterinarian.



A special mention must be made of **electrical cords**. Some parrots will chew through electrical wires if given access to them. This can result in burn wounds to the beak and tongue, or in more serious internal damage. Electrical cords that carry AC current or high voltage are more dangerous than those that carry DC current or low voltage.

## Avoid Toxic Fumes

The avian respiratory tract is extremely sensitive to inhaled chemicals. Products that do not cause problems in people or other mammals can be highly toxic to birds. Below is a list of some common products that are not safe to use around birds. If your bird breathes in these chemicals it can result in symptoms ranging from mild illness to sudden death.

### Polytetrafluoroethylene (PTFE)

Polytetrafluoroethylene (PTFE) is one of the most common causes of airborne toxicity in pet birds. This product is found in nonstick cookware, air fryers, irons, covers for ironing boards, self-cleaning ovens, and heat lamps. When PTFE is heated above 536° F (280° C), it decomposes into acidic gases that are toxic when inhaled. Symptoms of PTFE toxicity include trouble breathing, incoordination, weakness, coma, and death. Once birds are showing symptoms, seek emergency medical treatment immediately. Even with prompt medical attention, birds who inhale PTFE fumes often die. Humans can also be affected after exposure to vaporized PTFE, although they are less sensitive to its effects.



## Smoke

Smoke is another airborne toxin that is harmful to birds. All smoke, whether from cigarettes, marijuana, engine exhaust, burning food, self-cleaning ovens, or malfunctioning furnaces, can hurt your pet. Carbon monoxide, hydrogen cyanide, acidic fumes, and particulate matter in smoke cause symptoms similar to PTFE. Symptoms may take several hours to appear.

Nicotine in tobacco and tobacco smoke is very harmful. The birds most likely affected are those that have been chronically exposed. Clinical signs include reddened eyes, inflamed sinuses, trouble breathing, and cracked and irritated skin. Long term exposure can cause permanent damage to the respiratory tract as well as cardiovascular disease. Ingestion of nicotine products can be rapidly fatal. If you smoke cigarettes or e-cigarettes, please do so outside your home. Wash your hands well prior to handling your bird.

## Other Airborne Toxins

Other airborne toxins include air fresheners, hair products, nail polish, scented candles, aerosols, gasoline fumes, paints, polyurethane, mothballs, fumigants, drain cleaners, aerosol insecticides, and cleaning products such as ammonia and bleach. Overheated and melted plastic dishes in the microwave have also caused the death of parrots. If painting or other home repairs are being done in your home, your birds need to be moved far away from any fumes, preferably to another location altogether.



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## Be Careful with Human Food

Just because you can eat a food without experiencing medical problems does not mean this is true for your birds. Chocolate and caffeine, two products often enjoyed by people, are toxic to birds and can cause heart arrhythmias, anxiousness, and seizures. Avocados are also toxic to many birds, and can cause the lungs to fill with fluid and the heart to fail. Plants in the *Allium* family such as onions and garlic are toxic to many species, and ingestion can lead to anemia and liver damage. All seeds from fruits in the *Prunus* family (including cherry, peaches, apricots, plums) and from fruit of the *Malus* (apple) family contain small amounts of cyanide. While an occasional apple seed will not harm your pet, it is best to avoid intentionally giving fruit seeds to your birds. Salt toxicity can also occur, so make sure that your pet bird is not fed highly salted foods. Finally, do not feed your pet xylitol as this artificial sweetener can potentially cause a fatally low blood sugar in birds, dogs, and other pets.



## Only Use Safe Toys

While no toy is 100% safe for all animals, it is important to hedge your bets and select toys that are made of nontoxic materials. Untreated wood, jute rope, and palm fronds are safe products commonly used in bird toys. Acrylics and stainless steel, which are too hard to chew, are also safe products. Avoid soft plastics that your bird can chew, and soft metals that bend. And be sure to supervise your bird with its toys; if your bird is swallowing parts of a toy, even a nontoxic one, it can block the intestines and is unsafe.



## Use Extra Caution if you have a Flighted or Free-Roaming Bird

While it can be fun to have a flighted feathered companion and flight is a wonderful enrichment for our pet birds, extra caution is necessary as they can quickly get into trouble. Birds can fly into windows, mirrors, or ceiling fans and hurt themselves. Open doors and windows lead to the perils of the outdoors, such as predators and becoming lost. Sources of heat such as stoves, heaters, and fires can cause serious burns. Doors, which make a nice place to perch, can crush toes if they swing shut. An open toilet bowl, pot of water, or even a partially filled glass of water can pose the risk of drowning. Birds that aren't flighted but roam free in the home are also at risk. Dogs, cats, and other birds can injure your bird, and birds on the floor can be accidentally stepped on or closed in a door. Unsupervised birds can also harm themselves by chewing on fabrics, walls, or other objects. Having an increased awareness of your surroundings and potential dangers will go a long way toward keeping your pet safe.



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We love our pet birds, and know that you do, too. Now that you are aware of the dangers that exist in our homes you can prevent many common injuries and intoxications. Keeping your birds healthy, happy, and safe is what the AAV is all about!

## AAV: Setting a Standard in Avian Care Since 1980

Avian medicine is a distinct and very specialized field that requires extensive training, advanced skills, and facilities specifically designed and equipped to treat and hospitalize birds. The Association of Avian Veterinarians was established to provide veterinarians with this special education, and to keep them up to date with the latest information on bird health. The AAV holds an annual conference on avian medicine and publishes the peer-reviewed *Journal of Avian Medicine and Surgery*. AAV also makes annual contributions toward avian conservation and sponsors studies advancing the understanding of avian medicine.

## For More Information

For more information on birds, ask your veterinarian for copies of the following AAV Client Education Brochures:

- Avian Chlamydiosis and Psittacosis
- Veterinary Care for Your Pet Bird\*
- Basic Care for Companion Birds\*
- Behavior: Normal and Abnormal
- Caring for Backyard Chickens
- Digital Scales
- Feather Loss
- Feeding Birds
- Injury Prevention and Emergency Care
- Managing Chronic Egg-laying in Your Pet Bird
- Signs of Illness in Companion Birds\*
- Ultraviolet Lighting for Companion Birds
- When Should I Take My Bird to a Veterinarian?\*
- Zoonotic Diseases in Backyard Poultry\*

*\*Available in multiple languages. All others are available in English only at this time.*

## Online Resources

Follow AAV on Facebook ([www.facebook.com/aavonline](https://www.facebook.com/aavonline)) for great tips and the latest news for pet bird owners. You can also find us on Twitter ([@aavonline](https://twitter.com/aavonline)) and YouTube!

Our website, [www.aav.org](http://www.aav.org), offers a Find-a-Vet tool to help pet bird owners locate avian veterinarians around the world. We also offer a variety of resources such as basic bird care instructions and more. Visit the website today!

AAV offers bird clubs a news bulletin for use in their newsletters. Clubs may contact the Publications Office ([pubs@aav.org](mailto:pubs@aav.org)) for information.

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