

What are the Benefits of an Indoor Cat?

Indoor cats generally live **longer, healthier lives**. They are exposed to less disease and harm, meaning fewer and cheaper vet bills. They are also **less likely to bring home parasites and diseases** that are dangerous to humans, such as *Toxoplasmosis*.

AVERAGE LIFE SPANS



How Can YOU Help?

1. **Spread the word** to family and friends about the benefits of keeping cats indoors
2. If you own an outdoor cat, use the tips here to **transition your cat to an indoor lifestyle**
3. If you adopt a cat in the future, **keep them indoors**

Tips for a Safe and Happy Indoor Cat

1. Keep them indoors when they are young
2. For outdoor cats, gradually decrease outdoor time
3. Build a safe outdoor enclosure
4. Install a perch indoors near a sunny window for your cat to see outside
5. Provide a cat tree ('kitty condo') for your cat to climb
6. Leash train and walk your cat
7. Keep lots of toys (such as paper bags, boxes, and cat nip-scented stuffed mice) and rotate them
8. Play with your cat at least 5 minutes each day
9. Grow a pot of cat grass for your cat to chew on
10. Have open-screened windows so your cat can enjoy the fresh air and new smells



KEEP CATS INDOORS



HELP PROTECT THE
WELLBEING OF OUR
PETS & OUR WILDLIFE

Nearly 3 Billion Birds Gone

Bird populations in North America are declining at **unprecedented rates**.

Since 1970, about **3 billion birds** (one quarter of our birdlife) have been lost.

Even common birds, such as **sparrows** and **blackbirds**, are in decline.

These common species play key roles in our ecosystems—if they are in trouble, so are we.



What do Outdoor Cats Have to Do With It?

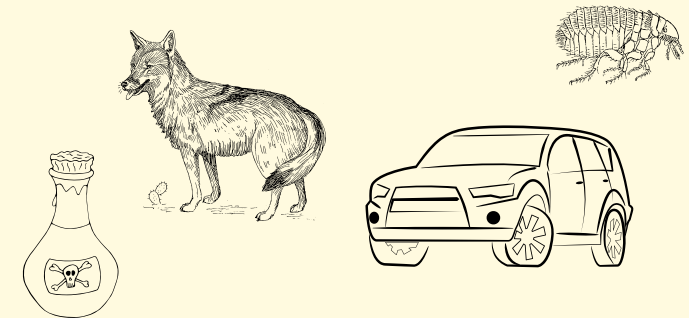
- Outdoor cats were **introduced by humans**
- They are not part of the natural ecosystem in North America
- As opportunistic predators, they tend to hunt whether or not they are full
- One outdoor pet cat kills about **34 birds each year**
- Outdoor cats kill more birds per year than buildings, vehicle collisions, or wind turbines, combined

This makes outdoor cats the #1 direct, human-caused killer of birds in the US and Canada.



Dangers Faced by Outdoor Cats

But it isn't just birds that are at risk: outdoor cats face much greater risks to their health.



These risks include:

- Being hit by a car
- Attacks from wild animals
- Getting into fights with other cats
- Getting diseases, such as Feline Immunodeficiency Virus (FIV)
- Parasites such as fleas, worms, and ticks
- Poisonings
- Animal traps
- Extreme weather events
- Abuse and cruelty from humans
- Becoming lost or stolen