

## Cat Flu

### What is Cat Flu?

Cat flu is the general name given to a viral infection of the upper respiratory tract in cats. It is a common disease in cats and although not usually fatal in previously healthy adult cats it can cause death in kittens and immuno-suppressed older cats.

Cat flu is most commonly caused by the **Feline Herpes Virus-1 (FHV-1)**, or **Feline Calicivirus (FCV)** . Feline Herpes Virus is the more serious of the two. Feline Herpes virus infects the membranes of the eyes, the lining of the nose, pharynx, sinuses, and throat.

Cat flu in general is a very contagious disease and can spread quickly from cat to cat. Therefore you have to isolate a cat with cat flu immediately if there are any other animals in the house.

A preventive way to keep cat flu at bay is to provide L-Lysine in the food. L-Lysine is an Amino Acid that strengthens the immune system. Capsules or tablets are available at Nutritionist stores. Mix them with wet food and most cats won't object.

If the smelling is impaired because of a blocked nose, the cat will quickly lose interest in eating. Without proper food it will be harder to the kitty to fight the illness. To keep the nose unblocked, "steam" you kitty once or twice a day. Fill boiling water in a bowl, add F10 (in recommended dilution) or herbal aroma oils, pack your kitty in a carrier, place the bowl in front of the grid and cover everything with a towel. 10-20 minutes of steaming will make already a great difference and even if your cat doesn't enjoy the steaming, she will feel better afterwards. Offer food straight away.

