meridian
VETERINARY PRACTICE

# Newsletter

Autumn 2026 Edition

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## Spooky season is here! Read our top autumn pet safety tips

Halloween is an exciting time for many of us, but can be stressful, confusing and potentially dangerous for our pets. Every pet is different, and while some are happy to participate in the festivities by wearing costumes, it might not be every pet's cup of tea. If you're not sure whether a costume will upset your pet, then it is safer to avoid it completely.

Always keep chocolate and sweets safely out of reach, as they can prove toxic for pets if eaten. Any treats containing raisins can also cause serious damage to dogs' kidneys, while wrappers, skewers and other packaging may cause digestive blockages. If your pet does eat something they shouldn't, the best course of action is to contact your vet straight away.

If you're planning a Halloween or fireworks party, make sure your pet has a safe, quiet place to hide. You could give your cat space under a bed or create a cosy den for your dog by placing a blanket over their crate. Your vet can also recommend supportive products to help your pet feel more relaxed.

If your pet is spooked by fireworks, it's always a good idea to speak to your vet about managing the season in advance. During fireworks, bring pets inside, encourage dogs to go to the toilet beforehand and stay home with your pet. Prepare your home by securing any escape routes and creating a calm, relaxed atmosphere. If it's not too distressing, you could also try to distract your furry friend using toys, puzzle feeders or treat-dispensing toys. Don't force it though – if your pet seems reluctant, just be on hand to comfort them.

While pumpkins, tea lights and candles can help set a scary scene, they can pose a risk to our pets, so any flames should be put on a stable surface and kept well out of reach to prevent burns.

***If you're worried about your pet or think they may have eaten something harmful, please contact the practice straight away.***



## Support your senior pet this season

As our pets get older, their needs can change. At our senior wellness check-ups, you can chat to our friendly team about your pet's health and any changes you might have noticed recently.

From diet and exercise to maintaining a healthy lifestyle and meeting their changing needs, we can talk you through how you can support your pet at home, and how your veterinary team can help.

***Get in touch with our team to book an appointment.***



# Meridian Vets | Newsletter - Autumn 2026 Edition



## Is your rabbit's housing autumn-ready?

It's important to make sure that we keep our pets warm and dry in the colder months, especially if you usually keep your rabbit or guinea pig outside.

- Housing should ideally have some shelter from the weather, such as run covers that can be used to keep the rain off your pet's home. This may mean moving their hutch to a more sheltered part of your garden.
- During the colder months, make sure drinking water doesn't freeze and provide lots of bedding and fibrous food.
- It is important to cover any housing with a blanket or quilt and waterproof materials when temperatures drop – while also leaving space for ventilation.
- Where possible, you should also consider between-wall insulation for rabbit and guinea pig housing to prevent extreme fluctuations in temperature.
- In extreme weather conditions, you should also consider bringing pets indoors.

***Reach out to our team to learn more about autumn-ready pet housing.***

## Protect your pet from fleas

Our team is here to help you keep your pet comfortable, healthy and free from pests. Fleas aren't just a summer problem, which is why maintaining year-round protection is so important. We can diagnose and treat flea infestations safely, while helping you understand how to get rid of fleas and prevent them from returning with the right treatment plan.

Fleas are small, brown insects that feed on the blood of your pet. They are picked up by contact with other animals or from visiting an environment where fleas are present. While only the adult fleas are found on your pet, their eggs, pupae and larvae live in your house, for example on your pet's bedding.

If left untreated, they can cause itchiness and skin disease and, in severe cases in very small or young animals, can cause blood loss anaemia. Fleas can also transmit diseases and tapeworm.

If adult fleas are found, it's important to treat for all stages of the flea lifecycle to prevent re-infestation. There are a variety of products available. Some just treat adult fleas while others also work against other stages of the lifecycle. We'll be happy to advise you on the most effective products for your pet's specific situation.

***For further advice and support, speak to one of our team.***



This newsletter is provided as an education service to our clients. All news and other items in this newsletter are for information only and should not be treated as a substitute for veterinary advice.

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