



How to Tell if Your Cat is Sick

Cats are very good at hiding illness, so even small changes can mean something is wrong. This guide helps you recognize early warning signs so you can act quickly.

Behavior Changes

If your cat is hiding more than usual, less social, or acting differently, it may be a sign of illness.

Eating & Drinking

Not eating, eating much less, or sudden weight loss is a big warning sign in cats. Cats should not go more than 24 hours without eating.

Vomiting & Diarrhea

Occasional vomiting can happen, but frequent vomiting, diarrhea, or any blood is a concern.

Breathing

Fast breathing, open-mouth breathing, or struggling to breathe is serious and needs immediate attention.

Eyes & Nose

Discharge, redness, squinting, or crusting can indicate infection or illness.

Litter Box Changes

Straining, not urinating, diarrhea, or going outside the box can signal a problem. Male cats not urinating is an emergency.

Coat & Grooming

A healthy cat grooms regularly. A greasy, messy coat or over-grooming can signal illness or stress.

Movement

Limping, reluctance to jump, or stiffness can indicate pain or injury.

Temperature Issues

Too cold: hiding, curling tightly. Too hot: panting (rare in cats and a warning sign).

When to Get Help Right Away

Get help immediately if your cat is not breathing normally, not eating for 24 hours, cannot urinate, collapses, or has pale/blue gums.

If something feels off, trust your instincts. Cats often show subtle signs, and early action can save their life.

Pay It Fur-Ward — Love Without Judgement