

keep her happy and distracted. Keep her entertained by playing games and giving her things to do in the house (such as a treat-filled toy).

Preventing pregnancy - during your cat's heat, she will want to find a male cat to mate with, and male cats will travel a long way to find her, you may even find a fan club of tomcats surrounding your house! To avoid an unwanted pregnancy, you will **need to keep her indoors** and away from uncastrated males for the whole time she is in season (including any that live in your household). Unless you are sure you want to breed your cat, it's best to have her spayed ASAP. Once she is spayed, she will stop having seasons and won't be able to fall pregnant.

FAQ's

Does my cat need to have a season or a litter of kittens before she is spayed?

No, most cats should be neutered at 4months old (unless there is a specific reason not to). If you are unsure, speak to your vet about the right time to spay your cat.

My cat is screaming during her season and seems very distressed, what should I do?

Most cats become very vocal during when they are in heat, but it's very rare for a season to cause them pain. Try to keep your cat distracted if she seems upset during her season, and contact your vet if you are concerned that she's meowing for another reason.

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