

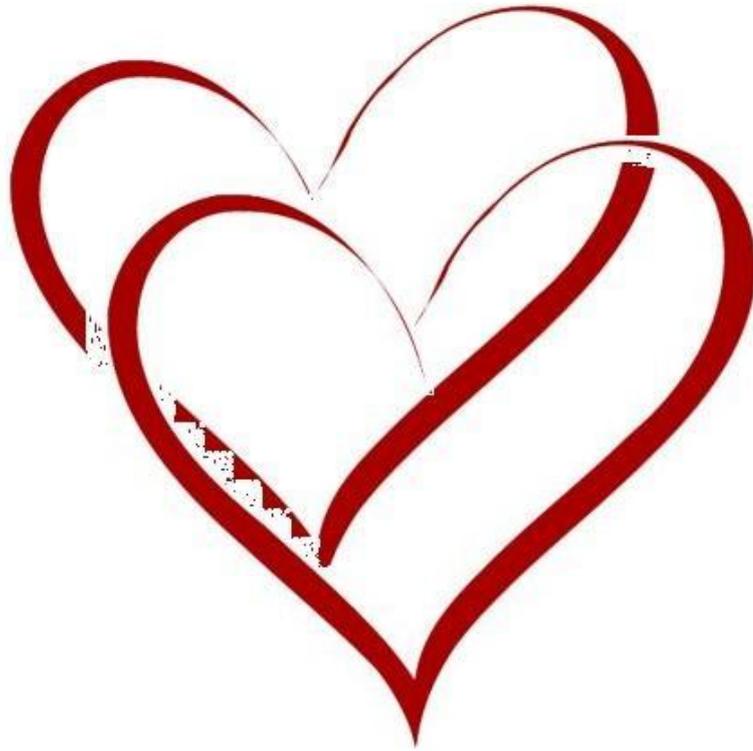
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Welcome to Birdline UK LTD Parrot Rescue



**We have put this welcome pack
together to help you with advice on
caring for a bird**

These are guidelines for Birdline UK LTD members only.
If you have any questions, please contact your Area Co-ordinator.



**In loving memory of Doddie Kent 7/4/1945 – 28/9/2017
Your life was a blessing, your memory a treasure.
You are loved beyond words and missed beyond measure.**

This pack was produced by Doddie Kent and Melinda Laws on behalf of Birdline UK LTD.

The information provided in this pack is designed to provide helpful information in the care and wellbeing of psittacines. This information is not meant to be used, nor should it be used to treat any medical condition. For diagnosis and/or treatment of any medical problem, ALWAYS consult an Avian Veterinarian. Birdline UK Parrot Rescue accepts no responsibility or liability for any damages or consequences from any treatment or actions to any animal/person following the guidance within this manual. References are provided for information only and do not constitute endorsement of any websites etc.

Disclaimer:

The information contained within this guidance is true and complete to the best of our knowledge. All recommendations are made without guarantee on behalf of Birdlike UK Parrot Rescue.



BIRDLINE PARROT RESCUE

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4: HOUSEHOLD HAZARDS

It should be obvious to most parrot owners that there are hazards everywhere within our homes: from the basics such as leaving windows and doors open, to the chemicals we keep in our kitchen cupboards. From the moment we bring these birds into our lives, we have an obligation to protect them from such hazards and have a responsibility to safeguard them from any contact directly or indirectly with chemicals, toxins and other dangers.

4.1 Smoking and Vaping -

Information from Birdtricks & Birdchannel.com

Smoking nicotine based cigarettes, herbal cigarettes and vaping can all have health implications for your birds. We all know that cigarettes are bad for you and cause health problems in humans. It is therefore common sense that they are bad for our feathered companions too. If a bird chews a cigarette like a shredder toy, nicotine poisoning can occur. Even just the filter end of a smoked cigarette contains 25% of the nicotine of the original cigarette. Signs of nicotine poisoning include twitching, increased excitement, panting, salivation, vomiting, increased heart rate, collapse, coma and cardiac arrest.

Second hand or passive smoking is also dangerous – this is the smoke that comes from a cigarette from either the burning or the filter end. The National Cancer Institute has this to say:

Second-hand smoke contains over 4000 chemicals, including 69 components that are known to cause cancer. Breathing second-hand smoke means breathing in formaldehyde, ammonia, cyanide, arsenic, carbon monoxide, methane and thousands of other chemicals. The concentration of these carcinogenic chemicals is actually higher in second-hand smoke than in the fumes directly inhaled by smokers. Second-hand smoke is classified as a class-A carcinogen, the same classification given to asbestos.

The jury is still out as to whether the chemicals used in vaping are bad for human health. But it is fair to say that it's better to be safe than sorry when it comes to vaping around your bird, as their respiratory systems are far more complex and sensitive than human lungs.

The Parrot's Respiratory System

Birds have lungs, which aren't lobed like ours. They also have air sacs which extend into their bones which are hollow. This makes them lightweight and enables flight. Birds have no diaphragm. Air is drawn in *and* expelled by the contraction of muscles. Because of this, respiratory infections can also extend to



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the abdominal cavity and the bones. Birds breathe slower than in mammals of a similar size. It actually takes *two breaths* to complete a single respiration cycle. The second breath pushes the first through to the end of the cycle.

A bird's respiratory system is more efficient than ours in transferring oxygen. This means the toxins inhaled are delivered equally effectively. This is why a parrot will succumb to the same level of toxic fumes that would be easily tolerated by a mammal.

Feather plucking/picking can be caused by smoking

However, it is not just direct ingestion or passive inhalation of cigarettes that is bad for our birds. Handling a bird after smoking can lead to the transfer of nicotine and other chemicals from your hands to the bird's feathers, which they will later go on to preen – and ingestion of chemicals can occur simply via that contact. Cigarette smoke also rises into the air because it's heated. As it gets colder, gravity brings it back down. It lands on the bird, perches, cage bars, toys AND FOOD.

We have seen on innumerable occasions that when a heavy smoker's parrot is bathed, the water rinsing off is often a brownish-yellow colour. The feathers will smell of cigarettes, and this may well last until the feathers have moulted. Some parrots will pick out the feathers that smell, a habit that they may not be able to lose even after removed from a smoker's environment.

4.2: Window and Door Control

Being a responsible bird owner means changing your home environment to make it safe for your bird. Consider whether your bird could accidentally escape and how you might mitigate for this?

- Check what windows are open before you let the bird out the cage – close any the bird might get access to.
- If you have windows you have open regularly consider getting flyscreens to cover them – they come in multiple varieties and basic ones can be bought online from Amazon and similar stores.
- Ditto with doors - try and ensure the birds are kept in a room with a door on, so it can be shut when you open front or back doors.
- if you have kitchen or patio doors that are often open – consider getting a flyscreen for them.
- Don't forget a bird is on your head or shoulder and walk outside.
- Never trust a bird with clipped wings outside... they can fly higher and further than you might expect.
- Also be very careful when you walk out a room and close a door behind you – check your bird isn't trying to follow you. Accidentally shutting your bird in the door, can cause serious head and bone trauma.



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4.3: Mirrors and Windows

Birds can suffer traumatic injuries if they hit a hard surface whilst flying – especially if they are frightened and panicking. You obviously can't remove every hard surface in your home. But do consider whether there is anything you can do about reflective or transparent surfaces such as mirrors or glass. For instance –

- You can buy stickers to put on surfaces.
- You could also consider using venetian blinds or net curtains at windows.
- Stick on (sucker perches) are also a good idea as these project out from the surface and give the birds a safe place to land.

4.4: Ceiling Fans

We have seen horrendous accidents caused by ceiling fans. Make sure your bird is NEVER in the same room as a ceiling fan when it is turned on. Our preference would be to remove ceiling fans, to make sure accidents can't happen.

4.5: Electrical cables

However many toys you buy for your birds – they do like to find their own entertainment and like small children – they often make a beeline for the “toys” they are not allowed to touch – such as electric cables. Cables can be fun to chew, but the metal wires inside them can cause harm to your bird. Of course they are also expensive to replace too. Make sure cables are kept as tidied away as possible. Where they have to be accessible, consider buying cable protectors.

4.6: Kitchen Appliances and equipment

The kitchen is a source of many dangers for our birds from hot hobs, and ovens to hot irons. It is sensible to keep your bird out of the kitchen when cooking and to be aware of the following hazards:

- Burns from touching or landing on hot equipment
- Fumes from cooking
- Splatter from boiling water or oil
- Fumes from self cleaning ovens
- Fumes from Teflon coated equipment
- Knives and other sorts of blades can be a danger – especially if you have a bird who enjoys exploring dark spaces like drawers
- Even washing machines and fridges can become a hazard when you have a bird who likes to explore
- Dishcloths may contain germs, bacteria or chemicals such as those found in washing up liquid or bleach – so never let your bird play with them



4.7: Common inhalants

Birds have very sensitive airways and fumes that we don't even notice – have been known to kill birds.

The following items are hazardous so keep in mind that they should not be used in the same space as your bird, and its best not to have them in your home at all, if possible. If you are undertaking DIY or a home renovation project – consider if and when you should send your birds to board elsewhere, whilst the work is undertaken.

- Scented Candles,
- Room Sprays
- Deodorants (use a roll on instead of aerosol)
- Perfume
- Hairspray
- Paint / Varnish / Dust and Chemicals such as sealants and solvents used in Renovation or DIY

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4.8: Toxins and Poisons

Most chemicals within the household environment are poisonous, both to humans and wildlife. We cannot stress how important it is to keep all chemicals away from birds at all times. **It's up to you as a responsible parrot owner to make sure your bird doesn't come into contact with any chemicals in the household.**

COMMON HOUSEHOLD POISONS DANGEROUS FOR BIRDS		
<p>Acetone Air Freshener Aerosol Disinfectant Alcoholic Beverages Ammonia Antifreeze Ant Syrup & Paste Arsenic Asbestos Auto Products e.g. Oil etc.</p> <p>Bathroom Cleaners Bleach Boric Acid</p> <p>Camphophenique Candles Carbon Monoxide Carbon Tetrachloride Carpet Cleaners & Deodorisers Charcoal Fluid Charcoal Lighter Chlorine Cigarette/Pipe Smoke Clinitest Tablets Copper/Brass Polish Corn/Wart Removers Cleaners (ALL) Crayons</p> <p>Deodorants Detergents Diazinon Disinfectant – Aerosols & Liquids</p>	<p>Drain Cleaners Drugs – Prescription/Over the Counter/ illegal</p> <p>Epoxy Glue</p> <p>Fabric Softeners Febreze Felt Tip Markers Floor Polish & Wax Formaldehyde Furniture Polish</p> <p>Garden Sprays Gasoline Glade Plug-Ins Gun Cleaner</p> <p>Hair Dye Herbicides</p> <p>Iodine</p> <p>Kitchen Cleaners Kerosene</p> <p>Lighter Fluid Lye (Caustic soda)</p> <p>Matches Model Cement Model Glue Mothballs Muriatic Acid (Hydrochloric Acid)</p>	<p>Nail Polish & Remover Non-Stick Cookware</p> <p>Oven Cleaners, inc Self Cleaning Ovens</p> <p>Paint Paint Thinners/Remover Perfumes Perm Solution Pesticides Photographic Solutions Pine-Sol</p> <p>Rubbing Alcohol</p> <p>Shaving Lotion/Aftershave Shellac Shoe Polish Silver Polish Snail/Slug Bait Spot Removers Spray Starch Strychnine Sulphuric Acid Super Glue Suntan Lotion & Oils</p> <p>Turpentine</p> <p>Wax Window Cleaners Wood Preservatives Weed Killer</p>



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4.9: Teflon or PTFA / PFOA

One of the most common killers in the kitchen is PTFE / PFOA coated cookware & utensils, e.g. frying pans, saucepans, irons. In fact, anything that is heated up and has a Teflon coating.

PTFE and PFOA are synthetic polymers used as a non-stick surface in cookware. The brand names Teflon and Silverstone are the best known, but PTFE/PFOA coated products are also manufactured under other trade names. The main problem with PTFE/PFOA is when heated up to a very high temperature it starts to give off toxic fumes undetectable by humans. Birds, however, are very sensitive to PTFE/PFOA poisoning, and can die within a few minutes of being in contact with these odourless, colourless fumes.

Teflon Toxicity (Ptfe Toxicosis)

The overheating of PTFE has been found to cause lung problems, not only in birds, but also in rats and humans. In people, the disease has flu-like symptoms and is known as 'polymer fume fever'. It is rarely fatal, although it can cause serious illness, especially in people with underlying respiratory disease.

However Birds are susceptible to a respiratory condition called 'Teflon Toxicity' or 'PTFE poisoning/toxicosis'. The signs of PTFE toxicosis are non-specific, and could be seen in a variety of respiratory and other diseases. Birds are usually found dead in the cage, or gasping for air, and eventually dying. Mild exposures may result in difficulty breathing, wheezing, incoordination, weakness, depression, anxious behaviour, or seizures.

The diagnosis of PTFE poisoning is usually made through physical examination, a history of using an item with a non-stick surface that was possibly overheated, and, if the bird has died, a post-mortem examination. The toxic particles released by overheated PTFE mainly affect the lungs. On post-mortem examination, the lungs are often dark red in colour, with haemorrhages and congestion may also appear in the trachea and bronchi.

Why are birds more sensitive to PTFE toxicosis?

The respiratory tract of birds is extremely sensitive to toxins in the air because of its unique anatomy. It is extremely efficient in exchanging gasses in order to provide very high levels of oxygen to the muscles for flight. While delivering oxygen so efficiently, it can also deliver toxic gasses. In addition, the small size and high metabolic rate of birds increases their susceptibility to airborne toxins. Birds, often canaries, have historically been utilised as sentinels for toxic gasses in coal mines because of this increased sensitivity



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Teflon in the Home

Please don't expose your bird to the risks of Teflon; it would be a good idea to make your household Teflon-free. Use stainless steel, or ceramic, instead of the so-convenient Teflon coated non-stick pans we find so useful within the kitchen. Also remember that there are lots more electrical items within the home that contain Teflon than we think.

The following items have been known to contain PTFE/PFOA:

Kitchen Items	Household Items
Cooking Utensils	Heat Lamps
Burners on stove tops	Portable Heaters
Pizza Pans	Hairdryers
Waffle Makers	Hair Straighteners / tongs / curlers
Sandwich Toasters	Hot Water Bottles
Slow Cookers	Ironing Board Covers
Coffee Makers	Irons
Non-Stick Oven Liners	Stain repellent (including carpets and upholstery)
Self cleaning Ovens	
Bread Makers	
Non Stick Rolling Pins	
Woks	
Deep Fryers	
Air Fryers	
Griddles	
Never-Stick Stainless Steel cook wear	



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4.10: Non-Toxic (Safe) Plants for Birds

If a plant is not on this list please seek advice from an Avian Vet before using it or growing it in the vicinity of your parrot. It is better to be safe than sorry.

Foliage Plants		Tree Branches
<p>Acaria Aloe African Violet</p> <p>Baby's Tear Bamboo Begonia Bougainvillea</p> <p>Camellia Chickweed Christmas Cactus Cissus (Kangaroo Vine) Coffee Coleus Corn Plant Crabapple</p> <p>Dandelion Donkey</p> <p>Tall Fern (Asparagus, Bird's Nest, Boston, Maidenhair) Figs (Creeping, Rubber, Fiddle Leaf, Weeping)</p> <p>Gardenia Grape Ivy</p> <p>Hen and Chickens</p> <p>Jade Plant</p> <p>Kalanchoe</p>	<p>Magnolia Marigolds Money Plant Mother-in-Law's-Tongue</p> <p>Nasturtium Natal Plum Norfolk Island Pine</p> <p>Palms (Areca, Date, Fan, Lady, Parlous, Howeia, Kentia, Phoenix, Sago) Peperomia Petunia Pittosporium Pothos Prayer Plant Purple Passion (Velvet Needle)</p> <p>Rose - Rosa</p> <p>Sensitive Plant Spider Plant Spiraea Swedish Ivy</p> <p>Thistle</p> <p>Wandering Jew White Clover</p> <p>Yucca</p> <p>Zebra Plant</p>	<p>Branches must be disinfected, rinsed very well and completely dry before being introduced to a bird's cage or play gym.</p> <p>Almond Any Citrus Apple Apricot</p> <p>Beech Birch</p> <p>Dogwood</p> <p>Elm</p> <p>Guava</p> <p>Magnolia</p> <p>Nectarine Nut (except chestnut & oak)</p> <p>Papaya Peach Plum</p> <p>Thurlow</p> <p>Vine Maple</p> <p>Willows</p>



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4.11: Plants that are Toxic for Birds

This is not a complete listing of all toxic plants. If you are unsure about a plant not on the list, please consult an avian vet, or do not use at all.

<p>Acorn Amanita Andromeda Arium Autumn Crocus or Meadow Saffron Australian Umbrella tree Azalea</p> <p>Baneberry - Actaea Beans (Castor, Horse, Fava, Broad, Glory, Scarlet, (Raw) Runner, Navy, Pregatory) Birds of Paradise Bishop's Weed Black Laurel Black Locust Bleeding Heart/Dutchmans Breeches Bloodroot Blue Bonnet Blue Green Algae Boxwood Bracken Fern Buckthorn Bulbs flowers (Amaryllis, Iris, Daffodil, Narcissus, Hyacinth) Burdock Buttercup</p> <p>Cascao Camel Bush Caladium Cannabis Cana Lily</p>	<p>Cardinal Flower Chalice (Trumpet Vine) Cherry Tree China Berry Tree Christmas Candle Clematis (Virginia Bower) Cocklebur Coffee (Senna) Coffee Bean (Rattle Bush, Rattle Box, Coffee Weed) Common Sage Coral Plant Coriander - Cilantro Corncockle Cotton Bush (Milkweed) Coyotillo Cowslip Crown of Thorns Cutleaf Philodendron</p> <p>Daphne berries Datura Stramonium - Brugmansia, Angel's Trumpet Death Camus Delphinium Devil Ivy Dieffenbachia</p> <p>Elderberry (Plant, not the berry) Elephant Ear (Taro) Ergot Eucalyptus (Dried, Dyed or treated in floral arrangements) Euonymus (spindle tree)</p>	<p>False Hellebore Felt Plant Fire Thorn Four O'clock Foxglove</p> <p>Glottidium Golden Chain Grass (Johnson, Sorghum, Sudan, Broom Corn) Ground Cherry</p> <p>Heaths (Kalma, Leucotho, Peries, Rhododendron, Mountain Laurel) Heliotrope Hemlock (Poison, Water) Henbane Holly Honeysuckle Horse Chestnut Horse Tail Hydrangea</p> <p>Ivy (English & Other)</p> <p>Jack in the Pulpit Jasmine Jimson Weed Juniper</p> <p>Kentucky Coffee Tree</p> <p>Lady Slipper Laniana - Red Sage Lantana</p>
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<p>Larkspur Leucothoe Lilly of the Valley Locoweed (Milk Vetch) Lords & Ladies Lupin</p> <p>Malaga Marijuana Mayapple Mexican Poppy Milk Bush Mistletoe Mock Orange Monkshood Morning Glory Monstera Deliciosa</p> <p>Naked Lady Narcissus Nettles Nightshade (Deadly, Black, Garden, Woody, Bittersweet, Eggplant, Jerusalem, Cherry) Nutmeg</p>	<p>Oak Oleander</p> <p>Peony Periwinkle Peyote Philodendrons (Split Leaf, Swiss Cheese) Pigweed Poinciana Poison Ivy Poison Oak (Western & Eastern) Poke Weed Poppy Potato Shoots (Tubers & Berries) Privet Pyracantha</p> <p>Rain Tree Ranculus (Buttercup) Rape Rattlebox Red Maple Rhubarb</p>	<p>Sand Box Tree Skunk Cabbage Sorrel (Dock) Snow Drop Spurge (Pencil Tree, Candelabra, Snow On the Mountain, Crown of Thorn) Sweet Pea</p> <p>Tansy Root Tobacco Tomato leaves</p> <p>Vetch (Hairy, Common) Virginia Creeper</p> <p>Wattle White Cedar Witch Hazel Wisteria</p> <p>Yew Yellow Jasmine</p>
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4.12: Safe Wood

Please check that any wood you are considering is free of chemicals and pesticides, and **thoroughly** cleaned, disinfected and dried before use.

<p>Acaria (Silk Tree) Apple Ailanthus – Tree of Heaven Alder – White Alder Almond Aralia – Fatsia Japonica Ash – Fraxinus Aspen – Populus</p> <p>Bamboo Barberry – Berberis Birch Beech – Fagus Bois D’Arc – Horse Apple Tree Bottle Brush Butterfly Bush</p> <p>Citrus – Lime, Kumquat, Grapefruit, Orange, Lemon Cork – NOT Cork Oak Cottonwood – Populus Crabapple – Malus Crape Myrtle (not the same as Myrtle)</p> <p>Date Dogwood – Cornus Douglas Fir – Pseudotsuga Dracaena</p> <p>Elm – Ulmus Escallonia Euralyptus</p>	<p>Fig Fir – Genus Abies</p> <p>Ginkgo Grape Vines Grape Palm Guava</p> <p>Hackberry Hawthorn – Crataegus Hibiscus Hickory</p> <p>Ironwood – toxic leaves</p> <p>Larch - Larix Lilac – Syringa</p> <p>Madrone/Madrone – Arbutus Magnolia Maple – Acer Manzanita – Arctostaphylos Mesquite – remove sharp parts Mimosa Mock Orange – Philadelphus Mountain Ash – Sorbus Mulberry – Morus</p> <p>Nandina – Heavenly Bamboo Norfolk Island Pine – Araucaria</p>	<p>Nut Trees – except chestnut</p> <p>Orange Oregon Grape – Mahonia</p> <p>Palm Papaya Pecan Pine – Pinus Photinia Poplar – Populus Pussy Willow – Salix</p> <p>Raphiolepis – Indian Hawthorn Ribbonwood Russian Olive</p> <p>Sassafras Silk Tree Spruce – Picea Staghorn Sumac (Rhus, not Toxicodendron)</p> <p>Strawberry Tree – Arbutus Sweet Gum – Liquidambar Sycamore</p> <p>Thurlow Tree Fern</p> <p>Viburnum Vine Maple – Acer</p> <p>Weeping Willow – Salix Wiegela</p>
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4.13: Toxic Wood

If you are considering wood that is not on this list, please check with an Avian Vet before using it for your bird. Better to be safe than sorry.

<p>Alder – Red Alder Apricot (fruit ok, not leaves/wood) Arrowhead Vine Australian Flame Tree Avocado Azalea (related to Rhododendron)</p> <p>Black Locust (Robinia) Box Elder Boxwood – Boxus Buckthorn – Cascara, Alder Buckthorn</p> <p>Cacao Camel Bush – Trichodesma Canary Bird Bush – Crotalaria Cedar – Thuja, Chamaecyparis, Cupressus Cherry (fruit ok, pits/wood/leaves not) China Berry Tree – Melia, Texas Umbrella Tree Chinese Magnolia Chinese Popcorn – Tallow Chinese Snake Tree – Lacquer Plant sap is dangerous, too</p> <p>Elderberry Euphorbia</p> <p>Firethorn – Pyracantha Flame Tree – Brachychiton, Sterulia</p>	<p>Golden Chain Tree – Laburnam</p> <p>Hemlock – Tsuga Holly – Ilex Honey Locust – Gleditsia Horse Chestnut – Aesculus Huckleberry – leaves</p> <p>Jasmine</p> <p>Kentucky Coffee Tree</p> <p>Laurel – Prunus</p> <p>Mango (fruit ok, leaves/wood not) Mexican Breadfruit Mock Orange Mountain Laurel – Kalmia Latifolia Myrtle – broad leaf evergreen, is not the same as Crape Myrtle</p> <p>Nectarine (fruit ok, wood/leaves/pit not) Nutmeg</p> <p>Oak – Quercus all parts, tannins Oleander</p> <p>Peach (fruit ok, wood/leaves/pit not) Pear (fruit ok, wood/leaves/pit not)</p>	<p>Pencil Tree Pitch Pine Plum (fruit ok, wood/leaves/pit not) Prairie Oak Privet</p> <p>Rain Tree Red Maple Redwood – Sequoiadendron, Metasequoia, Sequoia Rhododendron</p> <p>Sand Box Tree – sap poisons fish Solanum – Jerusalem Cherry or Pepino Sophora – inc. Japanese Pagoda Tree, & Mescal Sumac Umbrella Tree</p> <p>Walnut Weeping Fig – Ficus Benjamina. Ficus Elastica is safe White Cedar – China</p> <p>Yew</p>
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