



Your Risk-Based Parasite Plan

A take-to-the-vet worksheet: work out your pet's real risk, then write down the plan you agree together

PETSLIKEMINE
STAYING WELL

PET NAME	DOG OR CAT	VET PRACTICE
----------	------------	--------------

The loudest default in pet care is “treat everything, every month”, partly because monthly product sales fund it. The profession’s own bodies (BVA/BSAVA/BVZS; ESCCAP UK & Ireland) take the opposite starting point: risk-assess the individual and match the plan to it. This worksheet mirrors the **parasite risk quiz** (/tools/parasite-risk-check) so you and your vet can set a plan that fits your pet, not a blanket one. Risk-based can point up as easily as down.

YOUR HOUSEHOLD & LIFESTYLE (TICK Y OR N)

DOES THIS DESCRIBE YOUR PET OR HOUSEHOLD?	YES / NO	IF YES, THIS USUALLY POINTS TO
Young children, or anyone pregnant or immunocompromised, live in or regularly visit the home	☐ Y ☐ N	more frequent worming; the strongest reason to step up
Your pet hunts, catches or scavenges (prey and carrion carry worm stages)	☐ Y ☐ N	more frequent worming and tapeworm cover
Your pet is fed a raw meat diet	☐ Y ☐ N	a route for certain parasites; often more frequent worming
Your pet swims in, or drinks from, ponds, puddles or slug/snail habitat	☐ Y ☐ N	discuss lungworm cover for your area
You live in, or walk in, a known lungworm or high-tick area	☐ Y ☐ N	region-specific lungworm and tick cover
More than one pet shares the home	☐ Y ☐ N	parasites pass between pets; treat the household together
Your cat is kept strictly indoors, with no hunting and no other pets that go out	☐ Y ☐ N	genuinely lower risk, but never zero; roundworm cover still applies
Your dog travels abroad, or has recently returned to the UK	☐ Y ☐ N	a vet-given tapeworm treatment is a legal requirement; time it with your vet

THE ONE THAT IS NEVER OPTIONAL

Whatever the answers above, **roundworm control stays on the plan**. *Toxocara* is zoonotic and can, rarely, seriously harm a young child. ESCCAP’s baseline for a typical pet is at least four treatments a year (roughly quarterly), stepped up for the higher-risk homes above, never down to nothing. Faecal testing is a reasonable alternative to raise for a settled, low-risk adult, but not for homes with young children.

THE PLAN WE AGREED WITH MY VET

ELEMENT	AGREED PLAN / INTERVAL	NEXT DUE
Worming (roundworm baseline & any step-up)		
Tapeworm cover (if flagged)		
Flea & tick		
Lungworm cover (if flagged)		
Faecal testing, if we chose it		

Re-run the risk quiz and revisit this plan whenever life changes: a new baby, a house move, a switch to raw feeding, or travel abroad.

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet’s instructions.

How to use. Fill in the ticks at home, take this to your appointment, and write the agreed plan in the bottom table. The question to ask: “given who lives here and what my pet gets up to, is quarterly enough or do we need more, and would faecal testing suit us?” A wellbeing aid, not a substitute for veterinary advice.

**RISK-BASED MEANS RIGHT-BASED;
ROUNDWORM IS NEVER ZERO**