

# Signs of Illness in Companion Parrots

To know your bird is to perhaps save his life one day. First, always ensure he is healthy by having him examined by an avian vet. This will establish a baseline of parameters against which future situations can be assessed. After that, deviations from the norm must be addressed, and trouble ruled out. Parrots, being prey animals, tend to want to hide their conditions, so close observation is very important.

## Some symptoms or changes to consider are:

- coughing, sneezing, diarrhea or vomiting (bringing up semi-digested food)
- change in normal behaviour (play, preening, socializing)
- change in appetite
- change in drinking habits
- excessive sleepiness
- lack of interest in surroundings
- fluffed up, hunched appearance
- change in consistency, colour of droppings
- dullness to feathers, eyes
- inability to balance or perch
- resting on bottom of cage
- changes in body or head posture

## Some things that may cause problems:

- abrupt change in diet
- abrupt changes in circumstances (new pet, new baby, move to new home)
- inadequate nutrition
- environmental toxins (tobacco and other smoke, disinfectants, air fresheners, poisonous plants, overheated Teflon)
- excess vitamin supplementation
- poor hygiene practices
- incorrect environmental temperature
- lack of environmental enrichment

**These lists are by no means complete and if you are in doubt talk to a vet or an animal health technician trained in treating parrots.**