

# Budgerigar Health And Related

## Checklist: Healthy Living Environment

**Housing:** It is your responsibility to make sure your bird's living environment is safe. Since birds are naturally curious you will need to take extra steps to assure it will not be able to access dangerous materials for be exposed to dangerous situation. See [Pet Proofing Checklist](#) and [Household Hazards](#).

**Cage Placement:** Place your bird's cage at or a little below eye level, away from drafts, open windows and kitchen. Read about [Dangers in the Kitchen](#). Budgies are sensitive to smoke and strong odors. Cover the cage at night to prevent drafts.

**Toys:** [Types of toys for my budgie?](#)

**Baths:** Provide a birdbath 2-3 times a week. You can offer a warm water bath or gently mist your bird with warm water from a clean spray bottle (not ever used for cleaning, or chemicals). You can also place spinach leaves, romaine lettuce in a shallow dish with warm water.

**Temperature:** Regulate temperatures between 65 and 85 F (18 and 30 C)

**Humidity:** Birds in dry climates or under artificial heat need humidity artificially elevated. 50% is ideal.

**Cleanliness:** Clean the bird's living space regularly. Do not allow dust, rust, old faeces, etc. to exist in this space. Make sure cleaning supplies are bird-safe. Soap and water are the standards. It is important to clean your bird's containers every day, even if the bowl or bottle looks full.

**Smoke:** Do not smoke cigarettes, cigars, or pipes in homes that have pet birds

**Zinc:** Avoid zinc toxicity by not using galvanized wire for cages or toys

**Sunlight UV:** Provide adequate unfiltered sunlight and shade. Allow outdoor sunlight (not through glass) for a minimum of 20 minutes a week. Sun replacement lamps are necessary for birds in areas where sun is not accessible.

**Changes:** Allow pet birds to acclimatise to new environments. Reduce factors that may contribute to stress during times of change.

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