

Top 10 Ways to Reduce Fear of Loud Noises (including Storms & Fireworks)

Pets may react with shaking, hiding, pacing, drooling, or howling due to any kind of loud noise - thunder, fireworks, loud machinery, sirens, etc. They need help to find a quiet place and learn to self calm in the face of these triggers. Here is a guide to help. If your dog or cat is still very agitated please call for a consult - chronic fear threatens their health.



1. **Give your pet the anti anxiety medication or sedative hours before the storm or when you know there will be a lot of noise.** If your pet is highly anxious the medications will not work as well and you will have to keep increasing the dose.
2. **Designate a safe/quiet area for your pet and always have it available for them** - Keep the carrier out with a familiar blanket - a bathroom with a mat for them
3. **Toss their food nugget at meal time into the safe area to train them to go in easily** - make it fun - like a game. See crate training video on youtube channel drsallyjfoote
4. **Play heavy beat rock music or dance music to muffle sounds**
5. **Try Adaptil (for dogs) or Feliway (for cats) pheromone products early in the day of noise triggers** - available at veterinarians and pet stores
6. **Avoid petting, holding, or heavy soothing when your pet is anxious** - when they are more calm talk to them more or pet them
7. **Give your dog at least 1 minute of walking per pound of dog** - walking stimulates good brain chemicals to help during fearful events.
8. **Play with your cat 10 minutes a day** - Activity also calms cats down
9. **Plan ahead and follow your plan** - watch the weather to start meds, or get into safe area early, board your pet to avoid construction noise, or fireworks
10. **Get a behavior consult to have a custom plan for your pet** - many pets have become calm even with years of problems when a consult combined with appropriate therapy was started using a veterinary offering behavior services.

- written by Dr. Sally J. Foote