

Tips for Pets with Noise Anxiety



Whether it is because of 4th of July fireworks, New Year's Eve revelry, or an any-season thunderstorm, your pet may display noise anxiety. Given animals' advanced levels of hearing, especially with high-frequency noises, it's not surprising they react differently than we do. Be extra vigilant with a newly adopted pet—you never know their history, of course—but that does not mean a furry family of many years won't ever develop anxiety or fear. Luckily, there are several things that might help.

Signs of Anxiety

- Your pet cannot talk, of course, but there are many ways he or she may communicate noise-related fear, stress, or anxiety. They include:
 - Heavy panting
 - Shaking/trembling
 - Constant meowing or barking
 - Pacing back and forth
 - Excessive grooming
 - Eliminating indoors
 - Either extremely clingy behavior, or the total opposite – hiding
 - Fleeing/escaping to try to get away from the noise (this can extend to jumping out a window in extreme cases)



What To Do

While you cannot control the noise outside, there are some indoor tricks to minimize it for those sensitive ears.



- Set up a crate with favorite toys. Partially cover with a thick blanket to further create a den atmosphere while buffering noise.
- Keep your pet in a safe room; as far from the noise as possible.
- Play soothing music, use a white noise machine, or turn on a TV or the air conditioner.
- Close the drapes on windows.

What NOT To Do

- It can be difficult when you are worried, but try not to mirror your pet's anxiety. You being calm serves as reassurance things are ok.
- Also, if your pet is trying to be alone, do not force physical contact. Even the mellowest cat or dog can become aggressive when scared.



Products To Consider

There are a variety of calming aids and anti-anxiety medications for both cats and dogs. Enlist help from your veterinarian to determine what might work best for your pet.

- Prescription medications that come in chews, tablets, or liquid form
- OTC supplements, such as CBD, calming, or melatonin chews
- Anxiety/compression vests/shirts
- Pheromone or calming sprays and diffusers

In Case of Escape

Make sure your pet's name tag is current/legible in case it gets out. And this is a perfect time to get your pet microchipped for added peace of mind.

If your pet already has a chip, consider having the clinic scan it for readability.