

Fircrest Veterinary Hospital, LLC



Tips for a safe 4th of July! (and general anxiety)

1. If possible, make sure that your dog gets plenty of exercise earlier in the day. A nice walk, playing fetch, swimming, dog park, a day at daycare, etc.
For cats: Playing with a [laser pointer](#), a [feather toy](#), etc.
2. Keep all pets indoor during fireworks, preferably with human companionship, do not bring your furry friends to firework displays.
3. Provide a safe place inside for your pet to retreat to. A comfortable, covered kennel is a good idea. A [cat tree](#) or [cat house](#) would be best for your feline friend.
4. Make sure that your pets have on properly fitting collars and tags that identify them. If they are not microchipped, you might want to consider that as well.
5. Get something fun for your pet to do! A [Kong toy](#) filled with canned dog food and then frozen will keep your pup busy! For your cat, try a [catnip infused toy](#) or sprinkling some [catnip](#) on their bed or already favorite toy.
6. **Sound therapy:** Soft sounds/music can be used to reduce anxiety. Playing [music](#) that is specifically made to help reduce anxiety is not the same as turning a TV on or playing a normal radio station. For dogs and cats.
 - [icalmpet.com](#)
 - stream icalmpet music through Spotify, Apply Music, Amazon Music & [Youtube](#)

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7. **Tactile therapy:** a Thundershirt (found on thundershirt.com), uses acupressure and maintained pressure to help reduce stress. Available for cats and dogs.



- Mutt muffs (safeandsoundpets.com) are ear covers for dogs that help to significantly decrease sound. If your dog is willing to wear them, they will definitely provide some relief.



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8. **Scent:** Adaptil (adaptil.com) is a product that uses a dog pheromone that mother dogs release to help calm puppies. Only dogs can smell it, cats and humans cannot. It comes in a [plug-in wall diffuser](#), a [collar](#) or a [spray](#). It shows to be effective in 60% of dogs.



- Feliway (feliway.com) is a product that uses an odorless pheromone to send a happy message that is comforting to cats and provides security. Available as a [wall diffuser](#) or [spray](#).



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- [Sentry HC Good Behavior Pheromone Cat Calming Collar](#) or [Sentry HC Good Behavior Pheromone Dog Calming Collar](#)



9. **Oral:** [Composure Pro](#) chews. All natural, chicken liver flavored. Since this is an all natural formula, it works best when given everyday for at least 2 weeks prior to a stressful event. It is safe to use everyday for general anxiety and may be safely increased in times of high stress. Safe for dog and cat use.

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- There are also a few medications that are available for anti-anxiety use through your vet that require an exam and prescription for. Please contact your vet for more information.

****It is safe and encouraged to use several of these recommendations together for the best outcome****

Examples: Take your dog on a nice, long walk in the day before fireworks start. Spray a Thundershirt with Adaptil and put it on your pet. Have a kennel set up with comfy blankets and cover it with a sheet so your pet doesn't feel like they're out in the open. Make sure the kennel is in an area that you or another family member will be at, like a bedroom or living room. Spray Adaptil in the kennel as well. Have a Kong toy with frozen food in there to keep them busy. Put on some soft, calming music from icalmpet. If your pet is already on Composure Pro, double their dose for added calming benefits

Spend some time tiring your cat out by using their hunting instincts and laser pointer. Have a cat house set up in an area where you or another family member will be, like a bedroom or living room. Spray the inside of the cat house with

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Feliway spray before the fireworks begin. Put some catnip around the cat house, even inside of the house. Put on some soft, calming music from icalmpet. If your cat is already on Composure Pro, double their dose for added calming benefits.