

EMERGENCY STRESS MANAGEMENT FOR DOMESTIC PETS DURING A CRISIS

If you are faced with an emergency evacuation or crisis situation, the following information may be of help to you and your pets.

Important grab list:

- Emergency kit (if you have one)
- Pet
- Lead and collar
- Food and water
- Blankets/bedding
- Plastic bags
- Pet's vaccination certificate and proof of ownership
- Medications
- Battery operated radio

Scent

Familiar smell can be a comfort for pets. Take your pet's blankets and bedding or clothing with your smell on it such as a jumper or shirt.

High value food - grab a bag of dog treats, usually the smelliest treats work best. You can use these to reward calm behaviour and to distract your pet.

Sight

Often, reducing visual stimulation for your pets can help to calm them. Use a covered crate (if your dog is crate trained), set up a den (a small dark sheltered space), and put covers over windows to reduce flashes from lightening.

Sound

You can help to reduce the impact of loud noises on your pets. Try background noise such as a radio (classical music is best), and talk soothingly to your pet. Reward them when they are calm.

Security

Contain your pets and keep them safe from the elements. Bring your animals inside the house (if it is safe to do so) and have them with you.

Personal containment can help the dog to feel more secure. Use an old T-shirt to swaddle your dog or cat. Put the t-shirt on the animal backwards and tie a knot to secure it.

Serenity

One of the most important things is to stay calm yourself. Touches such as ear slides for you and your dog are ways you can help. Using your thumb and forefinger starting at the base of the ear, gently slide down to the tip. See the photo above. Homeopathic remedies such as rescue remedy/Bach flowers can be used to aid in keeping your pets calm.

