



# Fear of NOISES

## Learn about noise fears and what you can do to help your dog.

### Does your dog show signs of stress, anxiety or fear associated with loud noises?

Even the mildest fears and anxieties can negatively affect your pet's quality of life. Just because something may not seem that scary to you, it doesn't mean that it is not scary for your pet.

Today, a variety of safe, affordable and effective treatment alternatives exist to decrease signs of anxiety and fear in dogs.



**Help us to help your dog by answering the following questions.**

#### 1. When a thunderstorm or rain shower develops, does your dog:

(Check all that apply)

Shake or tremble

Pace

Crouch down or cower

Attempt to hide

Pant

Seek comfort from you

Salivate

Whine, cry, bark or howl

#### 2. During fireworks, does your dog:

(Check all that apply)

Shake or tremble

Pace

Crouch down or cower

Attempt to hide

Pant

Seek comfort from you

Salivate

Whine, cry, bark or howl

#### 3. Does your dog exhibit any of the above behaviors when exposed to any of these other loud noises as well?

(Check all that apply)

Traffic noise

Loud machinery

Gunshots

Household appliances

Babies crying

#### 4. Has your dog ever urinated and/ or defecated in the house during a thunderstorm, fireworks or when hearing other loud noises?

Y or N

#### 5. Has your dog ever attempted to escape the house, yard or crate when experiencing one of the above events?

Y or N

#### 6. Has your dog ever harmed itself when experiencing one of the above events?

Y or N



# Interpreting the Noise Questionnaire



If your dog **only exhibits 4 or fewer** of the 8 signs (in questions 1 and 2) when exposed to thunderstorms, fireworks or the noises in question 3, he or she may be described as having a **mild fear or anxiety** in response to the noises. Intervention is critical at this point to keep the problem from worsening. Your veterinarian will recommend the below measures as initial steps to help manage your dog's fears.

1. Create a safe place for the dog during noise events. (Example, crate, cage or closet in a quiet part of the home away from windows and doors. Cover cage with heavy blankets if possible, to decrease noise.)
2. Turn on a fan, play the radio quietly or leave a white noise machine on.
3. Use ADAPTIL® (dog appeasing pheromone) to help calm and comfort your dog during stressful times. ADAPTIL® is available in a collar, diffuser or spray. The collar can go everywhere with your dog providing comfort no matter where they are. The diffuser can be plugged in where the dog spends the most time or near their "safe place." The spray can serve as a supplement for spot treating bedding or bandanas as needed.
4. If you do not think your dog is improving, contact your veterinarian for additional recommendations.

If your dog **exhibits 4 or more** of the first 8 signs when exposed to thunderstorms, fireworks or the noises in question 3 then your dog may be described as having a **moderate fear of loud noises**. Appropriate intervention is critical to prevent suffering and to prevent the fears from worsening.

Initial treatment should include all of the above plus a discussion of additional management options. Your veterinarian may recommend options such as, calming nutraceuticals or appropriate short acting FDA approved medications to help your dog feel less distressed about loud noises.

Your dog's fears are more **severe** and may more accurately be described as **phobias** if they demonstrate any of the signs listed in questions 1 or 2 and if you answer yes to questions 4, 5 or 6. This is a severe escalation of fear and this dog needs **immediate intervention** for his safety and well-being.

If your dog is determined to have a severe fear or phobia, your veterinarian is more likely to recommend FDA approved medications in addition to ADAPTIL®.

Recalling the most recent event when your dog was exposed to a noise that frightened him or her, use a scale of 0-5 to rank their overall distress during the event, with 0 being no distress and 5 being the worst you have ever seen. Use the chart below to record your answers.

In 2-4 weeks, or after the next noise event, follow up with your veterinarian and rate your dog on the same 0-5 scale, after you implemented the chosen interventions, so you can discuss the results. If results are not satisfactory, then different or additional interventions can be discussed at that time.

Measuring the efficacy of the chosen interventions as objectively as possible, will be critical to long term success and referral to or consultation with a Board-Certified Veterinary Behaviorist may be recommended.

Date	Fear of Fireworks	Fear of Storms	Fear of Gunshots			
Ex: 06/13/19	4	N/A	N/A			

Your veterinarian will send this home with you to aid in evaluating your dog's improvement.

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