

## Fireworks.

We are rapidly approaching firework season again. Firework fear and noise phobias are a common problem in our pets (at least 80% of pets are scared of fireworks). Think about how your pet reacts to loud noises, do they show any of the following behaviours:

- Covering or hiding behind the sofa
- Trying to run away or escape, this can include digging up the carpet.
- Soiling in the house
- Restlessness, e.g. panting/pacing
- Barking incessantly

If they show any of these signs they might need help coping.

### What can you do to help?

On the run up to Bonfire night build a den or hiding place so that your pet has a safe place to hide and feel comfortable.

Build it a few weeks before in a room your pet usually likes to hide in and make sure it is away from windows.

Covering the den with a blanket will help to muffle the sounds further. Encourage your dog to use it and make positive associations with the den by putting treats in it.

Before it gets dark walk your dog when it's still light outside. This reduces the possibility of fireworks being set off and your dog becoming worried. Once all your pets are in, ensure all the windows, doors and cat flaps are shut reducing the risk of your pet running off. Drawing the curtains can stop your pet from being startled by flashing lights.

During the display ignore any unusual behaviours such as panting, shaking or whining. Often pets will pick up on their owner's worry which can make things worse.

§

Provide distraction such as new toys or chews and put the TV or radio on to mask the noise of the fireworks. Try not to leave your pet alone whilst fireworks are going off and do not punish your pet for showing fearful behaviours, if they are frightened then it is OK to comfort them.

### [Pheromones can help calm your dog and cat.](#)

Using Adaptil® or Feliway® diffusers will help reduce your pet's fearful response to fireworks. Adaptil® is a synthetic copy of the natural appeasing pheromone the mother dog produces to comfort and reassure her puppies. It has been scientifically proven to help dogs cope in stressful situation.



Feliway® is a synthetic copy of the pheromone cats

leave behind after rubbing their faces against objects in the house; it helps comfort cats in their own territory.

Giving your pet Zylkene® will help reduce its anxiety, it contains a natural product, derived from casein, a milk protein.



Zylkene® has helped a lot of dogs and cats during firework season. Start it at least 3 days before the event is expected.

Nutracalm® is specifically formulated to naturally calm anxious pets. Nutracalm is fast acting, with results often evident within 1 hour after taking the capsule.

**Please ask a member of staff for further information.**

## Contact Sidmouth.

Ikin & Oxenham Sidmouth Veterinary Centre  
Chandlers Lane  
Sidmouth  
Devon, EX10 9BX

Telephone **01395 512611**  
Website [ikinoxenhamsidmouth.co.uk](http://ikinoxenhamsidmouth.co.uk)  
Email [sidmouthvets@ikox.co.uk](mailto:sidmouthvets@ikox.co.uk)  
Facebook [facebook.com/ikinoxenhamsidmouth](https://facebook.com/ikinoxenhamsidmouth)

## Contact Ottery St. Mary.

Otter Veterinary Clinic  
64 Mill Street  
Ottery St. Mary  
Devon, EX11 1AF

Telephone **01404 814322**  
Website [ottervets.co.uk](http://ottervets.co.uk)  
Email [ottervetclinic@ikox.co.uk](mailto:ottervetclinic@ikox.co.uk)  
Facebook [facebook.com/ikinoxenhamottery](https://facebook.com/ikinoxenhamottery)