

Noise Phobias

BEHAVIOR SERIES



A noise phobia is a profound and excessive fear of noises. Fireworks, gunshots and thunderstorms are common canine noise phobias. Animals with noise phobias can exhibit a wide range of fear related behaviors including: salivation, trembling, destruction, hiding, vocalization, escape attempts, pacing, panting, urination and defecation. Consult with your Banfield veterinarian for an accurate diagnosis since other problems such as pain, metabolic diseases and separation anxiety share the same clinical signs with noise phobias. If your pet is diagnosed with a noise phobia, consider the following:

Things to do:

- Stay at home with your pet during predictable noise events
- Make sure that your pet wears current identification tags and is microchipped
- During noise events:
 - Stay calm
 - Provide secure, protected, sound-insulated areas for your pet in your home
 - Try to muffle problematic noises with white noise or other non-distressing sounds such as music with a strong, steady beat
 - If it helps relieve anxiety in your pet, you can comfort your pet
 - Try to distract your pet with a favored toy, game, treat or an obedience session
- Acclimate or desensitize your pet to problematic noises:
 - Purchase or create recordings of problematic noises
 - Perform daily, short (5-10 minute) training sessions
 - Start by playing recorded noises back at a safe, low volume and pair the noises with delivery of favored treats/activities
 - When your pet exhibits relaxed behavior at the low volume, gradually increase the volume and repeat steps
 - Continue gradually increasing volume over multiple sessions until your pet is comfortable with noises playing at full volume
 - Never let your pet get agitated during these sessions
- Consult with your Banfield veterinarian about other therapeutic options to relieve anxiety/fear, including body wraps (i.e., Thundershirt®, Storm Defender Cape®), pheromones and drug therapy

Things to avoid:

- Punishing your pet; this will not help your pet and may increase anxiety or trigger aggression
- Exposure to problematic noises



For additional information, please contact your Banfield medical team.

