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TIPS TO REDUCE ANXIETY/FEAR WITH NOISE PHOBIAS

- Types of noise phobias:
 - fireworks, smoke detectors, trash trucks, gardening equipment

- Desensitization therapy works best
 - Play the fearful sound at low volume until your pet no longer reacts while giving a high value treat (positive reinforcement)
 - Gradually increase the volume over time until you reach levels that mirror real life

- Sedatives like trazodone can be useful for mild-moderate anxiety
 - Benefits include true anti-anxiety effect
 - Great for occasional or as needed use

- Severe noise phobias, like 4th of July fireworks, require pre-planning
 - Have a safe place for your pet to go
 - Arrange to stay home or have someone stay with your pet
 - If your pet is likely to harm themselves in panic, consider use of Sileo for 4th of July, New Years Eve, etc.