

Fireworks & Loud Noise Prep Checklist for Pets

Simple steps to support calm *before* the noise starts

Before the Noise Starts

- Identify which pets need extra support
- Set up a calm, familiar space early
- Plug in pheromone diffusers (hours ahead)
- Close windows and curtains
- Plan potty breaks before peak noise
- Put pressure garments on before stress begins
- Start fans, white noise, or steady background sound
- Give vet-approved calming treats or meds as directed

Reduce Sensory Overload

- Use fans or white noise to soften sharp sounds
- Keep background audio predictable
- Avoid sudden volume or music changes
- Dim lights if flashes increase anxiety

Comfort & Coping Supports

- Provide familiar bedding or safe spaces
- Allow hiding if your pet prefers it
- Stay calm — pets read our stress
- Offer quiet companionship without forcing interaction

Safety Check

- Keep pets indoors and securely contained
- Check doors, gates, and crate latches
- Ensure ID tags are readable
- Confirm microchip info is current
- Avoid outdoor trips during fireworks

 **DO NOT** 
force exposure • punish fear responses • wait until panic starts • assume
comfort alone will stop severe fear • hesitate to call in a pro