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## **Storm Phobia**

The major problem with thunder storms is that your dog:  
hears the thunder booms and lightening cracks  
will see the ominous darkness before the storm  
will feel the storm if they are left outside during a storm

Storms are reasonably predictable and action can be taken before the storm to ensure your dog is in a safe environment.

### **1. Be home with your dog**

Your dog will be much more fearful if left alone during a thunderstorm. If you have predicted that a storm will occur try to be home with your dog at the time or if possible have someone care for your dog.

### **2. Remove your dog from your garden**

Dogs left outside during a thunderstorm are much more seriously affected than dogs which are inside. Dogs left outside will attempt to escape from your yard or 'inscape' into your home. While the damage to your fences and your home can be extreme and costly, it is the damage your dog could do to itself that is dangerous or even deadly.

### **3. Place your dog in a sound-proof Den**

Thunderstorms are noisy, look scary and smell and your dog will feel it if outside. An obvious move is to move your dog to a sound-proof room inside your home where he or she can not hear, see, smell or feel the storm.

Brick walls are much better at sound proofing than timber and block walls

Walk in wardrobes are often very sound proof because they are surrounded by many walls and the texture of your clothes and smell of your shoes may help your dog to be comforted

Covering windows with heavy curtains

### **4. Use medication where needed**

If your dog is seriously affected by storms, your veterinarian will be able to prescribe medication that may help. Your veterinarian will prescribe a medication that is best suited for your dogs phobia.

### **5. Use Pheromones**

Dog Pheromones can be very effective for calming noise-fearful dogs with up to 70% effectiveness. These will not work for dogs that are outside but they combine very well when placed inside a sound-proof Den.

### **8. Practice calming strategies**

When your dog is panicking, it needs to develop a calm demeanour. Do whatever you can to create calmness such as; massage and patting.

### **9. Teach your dog to tolerate thunder noise**

Desensitising your dog to the noise of thunder is often possible using quality recordings of thunder.

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