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CVMA Highlights Tips for Calming Pets During Storms, Fireworks *CVMA Emphasizes Importance of Minimizing Stress Response in Pets This Summer*

As summer brings more thunderstorms and fireworks, the Chicago Veterinary Medical Association (CVMA) is urging pet owners to take proactive steps to minimize stress responses in their animals.

Loud noises, bright flashes, and sudden changes in the atmosphere can trigger severe anxiety in pets—especially dogs and cats. Left unmanaged, this stress can lead to destructive behavior, attempts to escape, or even health complications.

“Summer can be a particularly challenging time for pets,” said CVMA Board President, Dr. Sophia Gill. “The noise and unpredictability of fireworks and storms can be terrifying. But with preparation, pet owners can help their animals feel safer and more secure.”

Key Tips from CVMA to Calm Pets During Fireworks and Storms:

- **Create a Safe Space:** Designate a quiet, secure area in your home where your pet can retreat when loud events occur.
- **Use Calming Aids:** Consider using anxiety wraps, pheromone diffusers, or veterinarian-recommended supplements to soothe your pet.
- **Keep Them Indoors:** During fireworks or severe weather, keep pets inside and close windows, blinds, and curtains to muffle noise and visual stimuli.
- **Stay Calm Yourself:** Pets often pick up on their owner’s emotions. Staying calm and relaxed can help reassure your animal.

Oftentimes, simply speaking in a quiet manner and petting your dog or cat can go a long way to providing them with comfort during a stressful time.

For some pets whose anxiety is a significant issue, it is possible that medications can be prescribed. Owners should seek the advice of their veterinary professional to learn if this option is in the best interest of the health and wellbeing of their furry friend.

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About the Chicago Veterinary Medical Association: Chicago Veterinary Medical Association is a professional network with a longstanding tradition that connects more than 1,000 veterinarians with comprehensive resources that support their continued development as champions of animal health while encouraging the fostering of the human-animal bond.

About the Chicago Veterinary Medical Foundation: The CVMF, established in 2009, is a 501^(c)(3) charity that works with Chicagoland veterinarians to provide financial assistance to pet families in need by helping with the costs of their pet's urgent, unexpected medical and surgical bills. The Foundation's work plays a vital role in strengthening the human-animal bond by helping sick and suffering pets get well again.