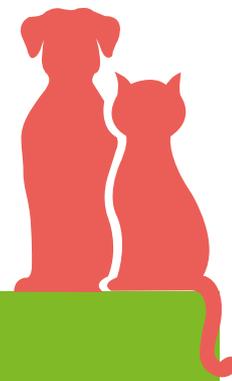


# COVID 19: Pet Behaviour Advice



COVID-19 and the lockdowns have had a huge impact on yours, and your pet's, worlds. Consequently, your pet may [behave differently](#), becoming anxious or frustrated. Prepare them now by gradually introducing your 'new normal' routine.

## What could impact your pet?

### Post lockdown with you being away from home more may mean:

- Fewer walks, play, exercise, or they may happen at different times and in different places
- Changes to the frequency of outside access
- Less company
- Changes to when and how often they are fed or given treats
- Less monitoring of pet to pet interactions in the home

### Changes to COVID-19 restrictions may mean:

- Meeting new people, animals and places
- People wearing face coverings which may make them look and sound strange to pets
- Changes in the ways you are able to exercise your pets



## What can you do?

- Familiarise yourself with the signs [cats](#) and [dogs](#) use to tell us how they are feeling
- Your pet will need time to adapt if you go back out to work so start preparing now
- Introduce your pet to [face coverings](#) at home
- Decide your new routine – plan your day around your pet's needs to provide consistency
- Consider using dog walkers or day care, or dog/cat flaps to a [secure](#) garden or large pen
- Some pets become anxious when left alone. Teach your [dog](#) or [cat](#) that it is OK to be [alone](#)
- Provide your pet with suitable activity toys and puzzle feeders for mental stimulation
- Introduce familiar and unfamiliar people and dogs gradually, both in the home and outdoors
- Make sure your [cat](#) or [dog](#) always has access to safe spaces. Actively supervise dogs and [children](#)

Take your time, don't rush your pet, and use [positive training methods](#), using [treats](#) or [play](#).



## Professional Help

For any behavioural concerns contact your vet to ensure there are no underlying medical issues.

Qualified trainers and behaviourists can be found at [www.abtc.org.uk/practitioner-directory](http://www.abtc.org.uk/practitioner-directory)

You can get more advice from charities: [RSPCA](#), [PDSA](#), [Cats Protection](#), [Dogs Trust](#), [Battersea](#), [Wood Green](#) and from veterinary associations such as BSAVA who have [Q&As for vets and pet owners](#) or via the Kennel Club 01296 318540, Wood Green Pet Support Line 0300 303 9333 or Blue Cross Behaviour helpline 0300 777 1975



## Visit the CFSG Pet Advice page

[www.cfsg.org.uk/coronavirus](http://www.cfsg.org.uk/coronavirus)

