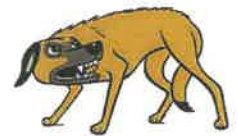


# THE SPECTRUM OF FEAR, ANXIETY & STRESS

## RED: SEVERE SIGNS - FIGHT/AGGRESSION (FAS 5)

- Offensive Aggression - lunging forward, ears forward, tail up, hair may be up on the shoulders, rump, and tail, showing only the front teeth, lip pucker - lips pulled forward, tongue tight and thin, pupils possibly dilated or constricted.
- Defensive Aggression - hair may be up on the back and rump, dilated pupils, direct eye contact, showing all teeth including molars, body crouched and retreating, tail tucked, ears back.



## RED: SEVERE SIGNS - FLIGHT/FREEZE/FRET (FAS 4)

- Flight - ears back, tail tucked, actively trying to escape - slinking away or running, mouth closed or excessive panting - tongue tight instead of loose out of mouth, showing whites of eyes, brow furrowed, pupils dilated.
- Freeze/Fret - tonic immobility, pupils dilated, increased respiratory rate, trembling, tense closed mouth, ears back, tail tucked, body hunched.



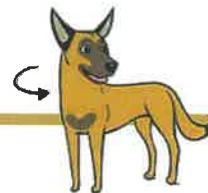
## YELLOW: MODERATE SIGNS (FAS 3)

- Similar to FAS 2 but turning head away, may refuse treats for brief moments or take treats roughly, may be hesitant to interact but not completely avoiding interaction.



## YELLOW: MODERATE SIGNS (FAS 2)

- Ears slightly back or to the side, tail down but not necessarily completely tucked, furrowed brow, slow movements or unable to settle, fidgeting, attention seeking to owner, panting with a tighter mouth, moderate pupil dilation.



## GREEN: MILD/SUBTLE SIGNS (FAS 1)

- Tail up higher, looking directly, mouth closed, eyes more intense, more pupil dilation, brow tense, hair may be just slightly up on the back and tail, may be expectant and excited or highly aroused.



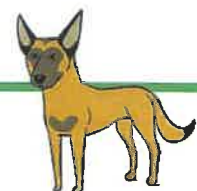
## GREEN: ALERT/EXCITED/ANXIOUS? (FAS 0-1)

- Looking directly but not intensely, tail up slightly, mouth open slightly but lips loose, ears perked forward, slight pupil dilation.



## GREEN: PERKED/INTERESTED/ANXIOUS? (FAS 0-1)

- Looking directly but not intensely, tail up slightly, mouth open slightly but loose lips, ears perked forward, slight pupil dilation.

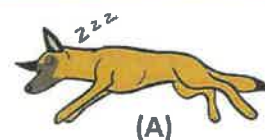


## GREEN: RELAXED (FAS 0)

A: Sleeping.

B: Neutral - ears in neutral position, not perked forward, brow soft, eyes soft, mouth closed but lips relaxed, body loose, tail carriage neutral, pupils normal dilation.

C: Friendly greeting - slow back and forth tail and butt wag, ears just slightly back, relaxed brow and eyes, may have mouth slightly open with relaxed lips and loose tongue.



(A)

(B)



(C)

**FEAR FREE  
HAPPY  
HOMES**



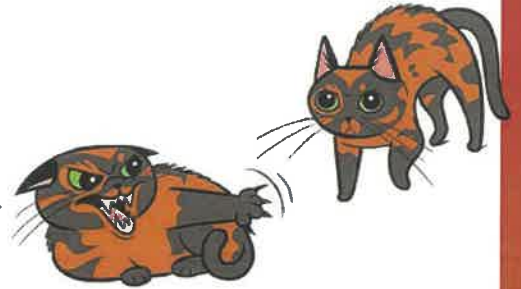
[www.fearfreehappyhomes.com](http://www.fearfreehappyhomes.com)

© 2019 Fear Free Happy Homes. All rights reserved.

# THE SPECTRUM OF FEAR, ANXIETY & STRESS

## RED: SEVERE SIGNS - FIGHT/AGGRESSION (FAS 5)

- Offensive aggression - pupils constricted or dilated, cat leaning forward, ears forward, moving forward, whiskers forward, tail is an inverted L (first inch of tail is horizontal with ground then the tail drops down), rump raised higher than front (on tip toes), staring, may be growling.
- Defensive aggression - ears back, pupils dilated, hunkered down, tail tight or tucked or tail thrashing, whiskers back, hissing, lips pulled back, staring, furrowed brow, could be swatting.



## RED: SEVERE SIGNS - FLIGHT/FREEZE/FRET (FAS 4)

- Flight - actively trying to escape, pupils dilated, ears back, whiskers back, tail down and bottle brushed, fleeing, turning to look at stimulus.
- Freeze/Fret - tonic immobility, dilated pupils, body flattened and tense, tail tucked, increased respiratory rate, ears back, staring, whiskers back.



## YELLOW: MODERATE SIGNS (FAS 2-3)

- Ears further to the side, more pupil dilation but not completely dilated, increase in respiratory rate, brow furrowed, looking at stimulus instead of looking away, tail tight to body, possible tip of tail moving some, whiskers back, body crouched and leaning away.



## GREEN: MILD/SUBTLE SIGNS (FAS 1)

- Avoids eye contact, turns head away without moving away, partially dilated pupils, head held just slightly down, slight brow furrowing, whiskers slightly back, ears partially to the side, body shifted slightly away, tail closer to body with possibly some slight flicking.



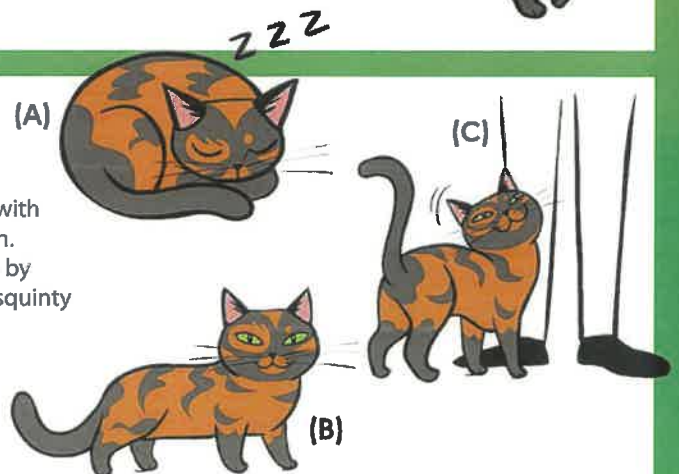
## GREEN: PERKED/INTERESTED/ANXIOUS? (FAS 0-1)

- Looking directly but not intensely, tail up and winding, mouth closed with loose lips, ears perked forward, whiskers forward, slight pupil dilation.



## GREEN: RELAXED (FAS 0)

- A: Sleeping
- B: Neutral - ears in neutral position, brow soft, eyes soft, mouth closed with relaxed lips, body loose, tail carriage U-shaped, pupils normal dilation.
- C: Friendly greeting - tail up and winding, may elevate rear end slightly by standing on toes, ears neutral, forward, or slightly back, might have squinty eyes, brow relaxed, might cheek mark or rub on person or object.



# HOW TO MANAGE A FEAR FREE RETURN HOME

## FEAR FREE HAPPY HOMES

Helping pets live happy, healthy, full lives



You may have noticed that when you bring one pet home from the veterinarian or groomer, your other pets give the "returnee" the cold shoulder, acting as if they don't know him. Worse, they may react negatively, even aggressively. That's because the pet may smell or look different (especially if they have been shaved or had a surgical procedure), causing fear and anxiety in your other pets. Here are some tips to help prevent a negative reintroduction when returning home with a pet.

**Assume it might not go well, and set your pets up for success.**

A negative reintroduction results in a long-lasting negative memory. There have been cases of cats no longer being able to live together after a reunion went badly. The time and financial commitment sometimes required to repair the relationship between pets can be prohibitive for some.

**Manage the situation by controlling the reintroduction.**

Control the reintroduction by managing the other pets on leash, restricting them to another room, or keeping them behind a baby gate or exercise pen or inside their crate (if the pets are crate trained). This prevents the other pets from rushing up to the returning pet.

**Provide a safe haven.** If your pet was sedated or had any procedures performed that may not make him feel 100 percent, provide him with a safe and comfortable place to relax without the other pets around. This might be in a crate, exercise pen, or special room. Once he is back to himself, you can implement a controlled reintroduction to the household.

**Mix their scents.** Smell is so important to our pets. Cats, especially, seem to recognize each other by scent. Cats and dogs can be sensitive to unfamiliar smells such as antiseptics or grooming products. Work to familiarize them with each other's scents by allowing them to sniff each other through the space beneath a closed door. You can also artificially mix their scents; to do this, take a dry face cloth and allow your cat or dog to rub on it or pet them with it gently. Take the same cloth to all pets in the house and repeat. Leave the cloth out in the environment to let them get used to each other's scents. Calming pheromones such as Feliway Friends or Adaptil, may also be helpful in promoting a harmonious reintroduction.

**Take a walk.** If appropriate, take the dogs for a walk together. The distraction of doing a normal activity together on neutral territory can help re-establish their familiarity with each other. Ideally, each dog should be walked by a different person.

**It's a Party!** Cats can be distracted with a play session or special meal for each cat at a distance from each other. Dogs can be distracted by asking for known cues or tricks and reinforcing those with small treats.

**The three-second rule.** It is normal for your other pets to want to smell the returning pet, who is bringing back unique odors. Prolonged sniffing (just like hugging your teenage son too long) can make your pet uncomfortable. Introduce and enforce the three-second rule. If sniffing last for more than three seconds, calmly get your pets' attention by gently clapping your hands or saying their names in an upbeat tone. Keep it calm and avoid creating tension. Call them away to get a toy or follow you to the treat jar.

If you notice excessive interest in the returning pet or body language indicators of fear, anxiety, or stress, such as freezing, walking slowly, hiding, lifted lip, growling, or hissing, to name just a few, separate your pets and work on a more gradual introduction.

Follow these tips and you will be back to normal before you know it. How quickly the reintroduction takes depends on the individual animals and the circumstances. Some pets take just a few minutes to resume a normal relationship. Others might take hours or even a day or two to put out the welcome mat.

**If you are having trouble with reintroductions, ask your Fear Free veterinarian to recommend someone who can assist you.**

# HOW TO PREPARE YOUR PET FOR A VETERINARY VISIT

## FEAR FREE HAPPY HOMES

Residual pet care (1000-400-0000) 1000-400-0000



Your veterinary team needs your help to make your pet's visit as Fear Free as possible. One thing you can do is to ensure that your pet gets to the veterinary hospital in a calm state of mind. The following tips will help you and your pet arrive in one piece and in peace.

### Preparing for the visit

- 🐾 **Hungry is good.** If medically appropriate, reduce the amount of food your pet eats before a veterinary visit. This can help prevent nausea with car travel as well as make the treats at the veterinary visit more appealing.
- 🐾 **Treat bonanza.** Bring 50 to 100 of your pet's favorite treats but in tiny amounts. Cut them up if necessary. Your pet likes a variety of treats? Bring an assortment! Even your cat's canned food might do the trick. Treats should be no larger than half a pea or a single lick. You might not use all of them, but it is better to have too many than not enough.
- 🐾 **Favorite toys, and a grooming brush.** Bring some familiar items your pet likes. This will help your pet relax in the veterinary hospital. The veterinary team may ask you to use these items to help distract your pet during the visit.
- 🐾 **Towel, shirt, blanket, or bed sprayed with species-specific calming pheromones or lavender.** Commercially available calming pheromones can help promote relaxation. The scent of lavender has been shown to have a calming effect on dogs during car travel. An item that smells like home, such as a blanket your pet sleeps on or a t-shirt you've worn can also provide comfort for your pet. For dogs, consider spraying a bandana with a calming pheromone and placing it on your dog's neck. When you use pheromone sprays, allow the pheromone to dry for 10 to 15 minutes before exposing your pet to the sprayed item.
- 🐾 **Make sure your pet is acclimated to a carrier, crate, or seatbelt harness and is not stressed by travel confinement.**
- 🐾 **Provide your pet with an opportunity to relieve himself prior to leaving your home and again before you go into the clinic.** Nothing escalates stress more than having a full bladder or colon and no access to a bathroom.
- 🐾 **Budget plenty of time to avoid being rushed.** If you are stressed, your pet will be too.
- 🐾 **If your veterinarian has prescribed any anti-nausea or anti-anxiety supplements or medications, make sure to give them as prescribed.**
- 🐾 **Talk to your veterinarian if you think anti-nausea or anti-anxiety supplements or medications would help your pet have a more pleasant veterinary experience.**

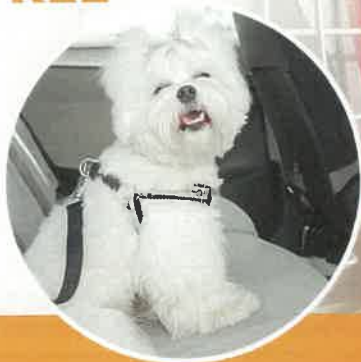
### Acclimating your cat or dog to travel confinement.

Make sure your pet is comfortable with confinement for travel. Carriers for cats and small dogs or crates or seatbelt harnesses for medium-size to large dogs are safe options for car travel. Use yummy treats to condition your dog to wearing a seatbelt harness. Keep the carrier/crate out in commonly used areas of the house at all times and incorporate some of these techniques to create a carrier/crate oasis: put your pet's favorite toys or bedding near or in the carrier/crate; play with your pet near the carrier/crate; place a pheromone-infused towel or bed or an object of clothing permeated with your scent inside the confinement area; place treats, catnip (for our feline friends), or a rubber food puzzle toy with canned food inside the carrier; and feed your pet in or near the carrier/crate. Let your pet enter on his/her own. You can teach your pet to enter the carrier/crate on cue to earn a food reinforce, or toss a treat or toy into the carrier/crate. Need help? Ask your veterinarian who he or she recommends for Fear Free training.

# HOW TO MAKE THE TRIP TO THE VETERINARY HOSPITAL FEAR FREE

## FEAR FREE HAPPY HOMES

making pets live happy, healthy, full lives



Your veterinary team needs your help to make your pet's visit as Fear Free as possible. One thing you can do is to ensure that your pet gets to the veterinary hospital in a calm state of mind. The following tips will help you and your pet arrive in one piece and in peace.

- 🐾 Your pet should voluntarily go into a carrier or crate or wear a seatbelt harness. Give any prescribed anti-nausea or anti-anxiety supplements or medications as prescribed by your veterinarian.
- 🐾 Cats should be resting comfortably in their carrier before being placed in the vehicle. Walk dogs to the car on leash. Like cats, small dogs can get in the carrier indoors and be carried to the car.
- 🐾 When transporting your cat or small dog in a carrier, minimize movement. If possible, support the carrier from the bottom, with one side resting against your chest, as if you are carrying a fragile gift. This helps your pet to feel more secure and ensures that he isn't eye to eye with other animals as you walk into the lobby of the veterinary hospital.
- 🐾 Prepare the car so it promotes a calming environment.
  - ✓ Play calming music specially composed for cats and dogs, or pop in an audiobook.
  - ✓ Apply calming pheromones or scents such as lavender. 6 to 8 sprays of a calming pheromone or 2 or 3 sprays of a diluted lavender scent will suffice. Apply 10 to 15 minutes before your pet enters the carrier or car.
  - ✓ Cool or warm the car to a comfortable temperature before putting your pet inside.
- 🐾 Carrier/crate is properly secured in the vehicle
  - ✓ Nonslip surface in and under carrier/crate or on the car seat.
  - ✓ Place a pheromone-infused towel or blanket over the carrier, leaving one side uncovered for ventilation.
  - ✓ The floorboard behind the passenger seat is the most secure location for a small pet carrier.
  - ✓ Secure large crates or carriers to prevent sliding.
- 🐾 Avoid feeling rushed. If you are stressed, your pet will sense this and may become stressed.
- 🐾 To prevent carsickness, accelerate slowly from a stop, allow extra distance between other vehicles to prevent sudden braking, and take turns slowly.
- 🐾 Be matter of fact, and don't speak to your pet in a sing-song voice. If you are calm, happy and relaxed, your pet will be, too.
- 🐾 Cats need five to ten minutes to adjust to their new surroundings and feel safe. If you cannot avoid waiting in the lobby, place your cat's carrier on an elevated surface & cover the front and two sides with a pheromone-infused towel. Depending on your dog's preferences, you might wait in the vehicle, take a short walk, or wait in the lobby.

Notify the veterinary hospital team when you arrive. Rather than bringing your pet into the veterinary hospital, call the front desk and let them know you are in the parking lot. They can call or text you when the exam room is ready.