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You aren't the only one that has encountered changes since the pandemic. Believe it or not, the adjustments to your lifestyle have also impacted your pets. While they're likely pleased to have everyone home more often, they too may be feeling a bit apprehensive. As a pet parent, you must remember to include your dog or cat's overall needs in your list of priorities. Below are a few suggestions.

Stock Up On Foods And Meds

Since the pandemic started, finding things you need in the grocery stores has become challenging. Essentials like bottled water, toilet paper, and household cleaning supplies, for instance, have flown off the shelves, leaving many without the bare necessities. The same is valid for pet food, medications, and other products. Rather than waiting until you run out of kibble, anxiety medicine, or treats for your furry friends, it's best to stock up. You can order just about everything you need online in bulk, so you always have some on hand.

Keep In Touch With The Vet

While dogs and cats can't contract COVID-19, you still want to ensure they're happy and healthy. Part of accomplishing that goal means staying in touch with the vet. From wellness checkups and shots to diagnosis and treatment, you must keep up with your pet's healthcare needs.

As veterinarian services are considered essential, you shouldn't have a problem finding someone available to assist you. They also have strict health and safety regulations to keep staff, pets, and pet parents safe. Some pet hospitals and clinics even have [online vet](#) services for non-emergent issues, so you don't have to leave home.

Social Distance Exercising

While cats can get their exercise running and climbing around the house, dogs need to get outside for fresh air and physical activity. There's nothing wrong with heading to your backyard, walking around your neighborhood, or visiting a [local park](#) to give yourself and your pet the exercise you need. The critical thing to remember is to stay safe. If you're going to exercise in a public place, ensure that you wear PPE and practice social distancing. Try as best you can to keep yourself and your dog at least six feet away from other people.

Grooming At Home

Unfortunately, pet grooming isn't an essential service. As such, pet parents and their families will need to handle the job themselves. Cat owners don't need to do much. Simply ensure that you're brushing their fur a few times a week to prevent them from choking. Dog owners will need to determine the best way to wash their pooch. Since this job can be kind of messy, it's best to do it in a location you don't mind getting a little wet. You'll need some shampoo with flea and tick treatment, a fine-tooth comb to remove fleas, and a brush. When it comes to giving your dog's hair or nails a trim, ensure that you have the proper tools with guards to prevent any injuries. While it may not come out like the [professionals](#), it does get better with practice.

Lots of TLC

Dogs and cats are very intuitive. They have this natural ability to sense when something isn't right. As these times have been tough for everyone, chances are they pick up on your stress, anxiety, and sadness. A great way to help ease everyone's emotional tension is to give each other lots of TLC. Make sure that you're finding time in the day to play, cuddle, and kiss your pets to reassure them that everything is

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going to be okay.

As a pet parent, you want nothing more than for your furry family members to be happy, healthy, and safe during these uncertain times. Just as you've taken precautions to safeguard your physical and emotional well-being, the same must be done for your pets. The best way to meet their needs is to ensure that you've handled the tips listed above.