



Congratulations, and thank you for adopting a dog from the Asheville Humane Society!

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Spay/Neuter After-Care Instructions

If an ASPCA Spay/Neuter Alliance patient is experiencing a post-operative complication, please call:

(855) 434-9285

This phone line is open 24/7/365.

Spay/Neuter Post-Operative Instructions:

- **No running, jumping, swimming, or other strenuous activity for 7-10 days.** Keep the animal as calm as possible. Animals must be kept indoors where they can stay clean, dry, and warm. No baths during the recovery period. Dogs must be walked on a leash and cats must be kept indoors.
- **Check incision site twice daily.** Redness and swelling should be minimal. Do not allow the animal to lick or chew at the incision. If this occurs, a cone must be applied to prevent additional licking and/or chewing that could cause infection. Females should have no drainage. Males may have a small amount of drainage/discharge for up to three days.
- **Appetite should return gradually within 24 hours of surgery.** Lethargy lasting more than 24 hours post-op, diarrhea or vomiting, are not normal and the animal should be taken to your regular veterinarian. Dogs may have a slight cough for a few days after surgery.
- **Do not change the animal's diet at this time** and do not give them junk food, table scraps, milk, or any other "people food" during the recovery period. Feeding them their regular diet will help prevent gastro-intestinal upset.

If there are any questions or concerns directly related to the surgery during the recovery period, please call the office at (828) 252-2079.

After normal business hours, please call (855) 434-9285.

Canine Kennel Cough Fact Sheet

What is “Kennel Cough”?

“Kennel Cough” is the common name for a highly contagious upper respiratory disease of dogs. It is caused by canine Para influenza virus, bacteria called Bordetella bronchiseptica, or a combination of the two. Kennel cough is commonly seen in dogs that are exposed to many other dogs in places such as animal shelters or boarding kennels. Kennel cough is “species specific,” meaning it infects only dogs and puppies, not cats or humans.

How is it transmitted?

Kennel cough is transferred between dogs by fluid discharge from the mouth or nose of an infected dog, similar to that of the common cold in humans. Dogs can shed the virus through the air by sneezing, coughing, or breathing; or by direct physical contact with cages, toys, food bowls, even the hands and clothes of people handling them. Some dogs may be “silent carriers” carrying and spreading the virus without showing symptoms of the disease themselves.

What are the signs?

The most common symptom of kennel cough is a dry cough sometimes described as “honking” and in some cases a gagging cough. The cough is often brought on by excitement, exercise or pressure on the dog’s trachea, such as that produced by the leash. Some dogs will only exhibit a runny nose or green nasal discharge. Affected dogs are usually otherwise alert and active, with a healthy appetite and no fever. In some cases, kennel cough may progress to pneumonia or sinus infection. In these cases, dogs will cough up mucus, have nasal discharge, have difficulty breathing, run a fever, lose their appetite, and become depressed.

How is Kennel cough treated?

Kennel cough is a “self-limiting” disease, meaning that in most dogs it will go away in 5 to 10 days without treatment. Because most shelter dogs and puppies are under stress, antibiotics are often prescribed to prevent or treat secondary bacterial infections that may accompany the infection. Occasionally a cough suppressant may be prescribed to make the dog feel better and to decrease throat irritation. In rare cases, kennel cough may progress to pneumonia, requiring more intense medical therapy and hospitalization.

How is kennel cough prevented?

Kennel cough cannot be totally prevented in the shelter environment; many dogs will enter the shelter already infected, and the stress of being sheltered will lead to full-blown disease and spread the infection to other dogs and puppies. Sanitation programs, health evaluations, isolation of sick animals, and preventive health care all play a part in the control of kennel cough.

Crate Training

Living with humans can sometimes be chaotic for our canine companions. One of the main goals associated with crate training is to create a **safe space** for our dogs to rest, escape chaos, and feel comfortable in our homes. In order to create this positive association with the crate, it is important to introduce dogs to the crate in a slow, fun, and positive manner. Here are some tips to get the ball rolling on crate training:

- Always make the crate a FUN and COMFORTABLE place to be. This means no time-outs or punishments should be associated with the crate.
- When first introducing the crate, leave the crate door open and allow them to investigate freely without having to worry about being locked in.
- Allow your dog to inspect their new crate, and reward them for their interest with high value goodies.
- Toss treats into the back of the crate, and then when they enter the crate continue dropping treats into the crate to reinforce them staying in the crate.
- Feed meals in the crate (with the door open at first) to build high value for the crate.
- Once your dog eagerly approaches the crate, reinforce them for entering and then close the door for a brief moment while popping treats into the crate.

When your dog will enter the crate on his own and will stay in the crate anticipating reinforcement, you can start working on duration!

- Stock up on chewies, bully sticks, pig's ears, or fill some Kongs with high value goodies. Ask your dog to enter the crate, give them something high value that will take a while to eat through and close the door.
- You can also move the crate by the couch where the family hangs out and have him stay in the crate while you occasionally drop goodies in during TV time.
- Continue playing fun crate games with your dog so that he doesn't start associating the crate with being locked up for long durations. We want to maintain the positive association!

Having a dog with strong positive associations to the crate can be beneficial in so many ways. A few are listed below:

- It is one of the easiest ways to maintain a potty-training plan.
- It can prevent your dog from doing something undesirable like chewing on inappropriate household items.
- A crate will provide your dog with a special den-like place of his own .
- Crates are a great place for your dog to hang out when you have visitors over.
- When traveling, having a crate may prevent added travel stress as it is a familiar comfortable place for them.
- They are a great way to manage multiple dogs during feeding time and prevent unnecessary altercations between housemates.

Crate training should be a positive experience for your dog, so don't forget to HAVE FUN!

Potty-Training 101

Do you hate coming home to accidents on your carpet? Does your pup just not seem to understand where he is supposed to relieve himself? Is potty-training taking away every ounce of sanity you are striving to maintain? Well, we have good news for you! Potty training can be broken down into a few easy steps that will allow for the most success during this (sometimes) frustrating process.

While in the potty-training stage, there are only THREE places that your dog should be:

1. Outside going to the bathroom.
2. Inside under your DIRECT supervision.
3. In a crate or confinement area where they have been successful in the past.

Always be sure to keep track of feeding times, potty times, playtimes, and nap times. Our dogs have more of a routine than we give them credit for. Being on top of when your pup last peed or pooped will help us determine their routine in relation to other daily activities, and when they may need to go in the future.

Ready to take your pup out? Great! Here are some guidelines to help ensure their success:

1. **Adding a cue** - Take your pup outside to their special designated potty zone! Once they start sniffing around, say your potty cue (aka "go potty," "hurry up," "piddle time," etc.) This will help you out in the long run because, moving forward, your pup will associate this cue with the act of relieving themselves. The ability to potty on cue comes in handy when traveling or in new environments.
2. **"Puppy Parties"** - Watch your pup closely and when they have finished the act, immediately throw a "puppy party!" A "puppy party," should be exciting, it should include your praise in a happy tone, you dancing around, and your pup's favorite treats. As they say, if you aren't embarrassed when throwing a "puppy party," you're probably not doing it right! We want our pups to associate going potty outside with being one of the best things that happens when you're around. Throwing "puppy parties," will build up a positive emotional response to going potty outside, and will in turn have your pup ecstatic to show you he can hold it and go outside.
3. **It's a "no go"** - It's been 10 minutes and your pup still has not gone potty-- no biggie! Just put them on leash and walk them back inside. REMEMBER, there are only three places they should be when potty training, so if you are unable to watch them like a hawk you should play it safe and put them in their crate or confinement area. After approximately 20 minutes (depending on the pup's age) bring them back outside to see if they are ready to go. If they still do not do their business, continue the confinement>outside>confinement>outside routine until they finally go. This can be a headache at first, but remember: once your pup has a strong history of "puppy parties," outside, he will be much more likely to offer the potty sooner.
4. **The dreaded accident** - OH NO... My puppy went potty inside! Don't worry about it, accidents happen and are to be expected. Here are some tips to help this situation:
 - Your pup is actively eliminating- Don't scream or get angry, but rather make an interrupting noise (think clapping, or "pup pup pup!") and immediately scoop them up to finish eliminating outside. When they do... "puppy party!" It is important not to scold the dog when he is actively eliminating, as this may only teach the puppy that going

potty IN FRONT of you is a scary thing, which may result in your puppy hiding from you inside while they eliminate.

- You found an accident from earlier- **Don't scream or get angry**, there is nothing that can be done at this point. One of the ways dogs learn is by association, which means if something (a) happens, and another (b) immediately follows they will learn that (a) starts to predict (b). In order for learning to take place, an interruption would have to happen immediately. Scolding a dog for a prior accident will not inform the dog that the accident was wrong, but rather just decrease their trust in you and possibly create additional fears and anxieties.

Most importantly, always remember that our canine companions do not come pre-packaged with an understanding of what is right or wrong. It is up to us to guide them through the learning process and help them live harmoniously in our homes. If you feel that your pup is having too difficult of a time potty-training, we recommend a visit to your veterinarian, and recommend that you reach out to a Certified Professional Dog Trainer to help guide you and your puppy through the potty-training process.

Introducing Your Newly Adopted Dog to Your Resident Dog

First off, congratulations on the newest addition to your family! We want to help ensure the success of your new pup and recommend following the tips below when introducing your new dog to your resident dog(s).

Decompression Time

Changing a dog's routine and environment can sometimes be a difficult task for them to cope with. In order to ensure they are able to cope with their new environment, people, smells, and routine, we recommend allowing them some time to decompress. Each dog is a study of one and will require different lengths of time to fully decompress, but on average we ask that you allow the dog at least three days (longer, if possible). This means providing them a comfortable, quiet, and mellow place to take in their new environment.

During this time it is recommended that you refrain from adding any additional stress to their lives, including holding off on introducing them to new dogs or other household pets. What you can do to help minimize tension or stress is allow the dogs the opportunity to sniff where the other has slept, where the other dog spends most of their time, or where the other dog has previously urinated. Allowing them a jump start at taking in the new smells of their soon-to-be housemates will likely make the introduction period less stressful for all parties involved.

Slow Introductions

Once you have allowed your new dog the chance to decompress, we recommend starting introductions slowly and introducing the dogs in neutral territory such as outside on a leash walk. The ideal leash walk would be one with both pups walking parallel, taking in the scent of one another, and continuing movement forward to prevent intense focus on one another. Encourage booty sniffing (it's the most efficient way of gathering information on their new doggie pal), reinforcing quick looks at one another, and allowing each do space as needed. If you have multiple dogs, it is recommended you take the time to do parallel walks with each dog individual before further introduction.

Once your pups are comfortable on walks with one another, you are ready to begin more realistic day to day interactions. These interactions should be brief, closely supervised, and avoid additional tension or stress buildup. Below are a few guidelines that will help set the pups up for success:

- Remove anything that may be deemed "high value," by either dog (beds, food/water bowls, toys, etc.)
- Keep both dogs on a drag line (dragging a 6 ft. leash will suffice)
- Encourage breaks in interaction. Initially intervene every 3 seconds but work up to longer durations between each break (encouraging breaks will allow each dog a moment to "catch their breath," and minimize tension from building). To encourage breaks there should be one handler per dog. Once it is determined who is in charge of which dog make a high pitched noise,

clap your hands, and move away in a playful enticing manner. Once each dog follows the appropriate handler reinforce the “break behavior,” with a quick play session or high value treat, then you are ready to let them re-engage again. Continue this process every 3 seconds at first, or whenever you note tension rising from either pup.

And then?

We would suggest not leaving the dogs unsupervised with one another for at least a month, sometimes even longer depending on the individual relationship dynamic. By keeping the dogs separate when you are not around, you will be setting them up for success and minimizing the chances that there may be a scuffle over an unforeseen issue. If, in the beginning, every time they interact you are monitoring them for increases in stress or arousal, they are less likely to develop undesired behaviors towards one another, thus building a foundation for a happy and healthy relationship for the years to come!

If at anytime you feel the dogs are not getting along or if a resource guarding issue arises, we recommend reaching out to a Certified Professional Dog Trainer as soon as possible. By reaching out before the issue becomes severe, you will be preventing them from rehearsing the undesired behaviors thus making the management and training plan much easier to set in place moving forward.

Mouthy Puppy Time

Ohhhh puppies! They are adorable, playful, entertaining, and exciting to watch grow up into intelligent adults. While in their puppy developmental stage, they use their mouths to explore, play, and expend extra energy. Throughout their puppyhood it is important that we help them: discover appropriate items to mouth, learn when mouthing is appropriate, and help give them feedback on the pressure they are using.

Why Is My Puppy Mouthing and Biting?

There could be a few reasons for excess mouthing, biting, and nipping. One may be that your puppy finds it exciting and fun, another may be due to boredom. Or, perhaps your puppy doesn't know you "disapprove", and of course there is always the possibility that your puppy is teething.

Mouthing During Play

When we watch dogs play we often see them mouthing at one another a ton. If a dog lacks play skills or experience, he may accidentally mouth the other dog too hard, which may lead to future altercations. In order to help our puppies turn into great players with good bite inhibition we need to expose them to healthy, vaccinated puppies and dogs of all sizes and ages.



Our puppies lack the experience to understand when they are playing too rough or mouthing too hard, so it is important that we allow them plenty of opportunities to receive this feedback from other puppies (and adult dogs!). Allowing our silly, inexperienced puppies to play with adult dogs will provide them the opportunity to understand that boisterous and pushy play styles will not always fly with their play partners. Puppy play is not only a great outlet for using up energy, but it will also help them develop good bite inhibition.

Bite Inhibition

Good bite inhibition is the ability for your puppy or dog to understand how hard is "too hard." They learn good bite inhibition from playing with other dogs, but we can also help them develop and understanding of what is too much during our play sessions with them.

In order to be sure our puppies grow up to have solid bite inhibition, we should always be sure to give clear feedback with a simple, high pitched "ouch!" when they use too much pressure. If they respond to your feedback by backing away with concern, or by using less pressure, then continue play! If our

puppies get excited by the squeal and continue mouthing with too much pressure, end the game immediately and try again at a later time.

Often times owners worry that allowing their puppy to mouth them while they are in the developmental stage will create an overly mouthy dog. In my experience, it actually just gives your dog more opportunities to make the correct choice and, in turn, develop great bite inhibition moving forward into adulthood. If we never let them mouth at us, how can we expect them to learn and understand when too much pressure is being given? Once your puppy understands the mouthing game and gives appropriate pressure each time, you should transfer the play game to a favorite squeaky or tug toy to allow them to continue these fun play-games with you.

Appropriate Outlets for Chewing

Do you hate when the puppy chews up your shoes? Or when the puppy ruins another furniture leg? How about when your puppy continually tugs at your pant leg while you are trying to walk? In order to allow for our puppy's success when teething, minimize inappropriate mouthing, and to help prevent boredom chewing it is important that we offer them appropriate outlets. Rather than always being frustrated with chewing, tugging, and biting things we find "inappropriate" why not provide them with items we DO find appropriate? Some of these outlets may include:

- Food enrichment toys
- Time consuming chewies (bully sticks, pigs ears, etc.)
- Stuffed frozen Kongs
- Tug toys to tug (rather than your pant legs!)

Always remember, our puppies do not come prepared and ready to cope with our human world of rules and structure. They are an entirely different species that is constantly learning what we feel is "good", "appropriate", and "acceptable" with every experience they have. So let's help them out, let's set them up for success, and let's allow them to THRIVE by providing appropriate outlets for their hardwired chewing and mouthing needs!

Resource Guarding

As dog owners, we provide our dogs with everything they need on a daily basis. Food, water, shelter, exercise, attention, you name it... they get it! However, it is important for us to remember that our Canine Companions were not always domesticated. Before they were domesticated, they had to fend for themselves and if they did not hunt, scavenge, and protect their resources from other hungry canines, they would not have survived. Due to their family genetics, the environment in which they were raised, past experiences, or lack of trust we may sometimes witness Resource Guarding behaviors.

It is also important for us to remember that our dogs are the ones that determine what they find valuable. Some dogs may guard their food bowl, high value treats, bones, toys, beds, space, trash, or sometimes even people. **When a dog deems something to be high value, he may display distance-increasing behaviors such as a freeze, a hard stare, physically stand over the object, growl, snarl, snap, or even bite.** By displaying these distance-increasing behaviors he is trying to give clear warning signals to the person/animal approaching. **Your dog is trying to communicate that he is uncomfortable and**



would prefer you/they keep your/their distance.

These behaviors are completely natural responses to stressful situations, and it is important that we educate ourselves to read and understand dog body language in order to be the best advocate for our dogs that we can possibly be. By educating ourselves and our family members on the topic of resource guarding, we will create less stress for the dogs in our care, prevent unnecessary bites, and learn to live harmoniously with our Canine Companions.

It is important to note that Resource Guarding is not an “aggressive” behavior, but rather a behavior indicative of lack of confidence or trust. The good news is, it’s totally manageable!

If you know your dog to have Resource Guarding tendencies, we recommend the following management techniques:

- Preventing family members from approaching the dog while they have a high value resource
- If the Resource Guarding is based mainly around food, be sure to feed your dog in a separate area of the house such as a crate, or even a spare room
- Always remember to pick up any potential resources to prevent any accidental unforeseen Resource Guarding behaviors
- If your dog guards his sleeping areas, be sure to provide him one of his own (such as a crate or dog bed) so that he always has his own place to sleep and you do not need to worry about moving him off your personal furniture
- If your dog does get hold of something valuable to them, always do a “trade out” for a HIGHER value treat than what they currently have
- Be consistent! The more our dogs can predict day-to-day situations, the more we will be setting them up for success

Never put your hand in a dog’s food bowl, “steal” toys or bones from him (trade it out instead!), or punish resource guarding behavior. Contrary to popular belief, this could actually intensify the behavior and make it worse.

If your Canine Companion’s Resource Guarding behaviors are increasing in frequency, intensity, or are occurring between other household dogs and animals, we recommend reaching out to a Certified Professional Dog Trainer that will help guide you through a management and trust building training plan.

Why Dogs Destroy Their Toys

Dogs have come so far in terms of becoming domesticated animals, but it is very important that we remember they still have many hardwired instinctual behaviors. One behavior that we see quite often is toy destruction. Chewing and dissecting is part of the prey sequence and some dogs have a blast engaging in these behaviors!

By allowing our dogs to chew on Kongs, gnaw on enrichment food dispensers, and dissect toys we are allowing them a natural outlet to expend some additional energy. Toy dissecting is also great for many other reasons, such as:

- In using their instinctual desire to dissect toys, they are less likely to destroy other items in their presence (harnesses, furniture, blankets, etc)
- Chewing and dissecting toys can do wonders for stress relief
- Manipulating the toys while dissecting can be beneficial for upper body strength, and function as a natural plaque preventer
- Puppies especially benefit from chewing and dissecting toys as they may be going through a painful and irritating teething period

So next time you see a dog dissecting their toys, be assured that they are having a great time, expending tons of energy, and reducing stress levels. Our Shelter Staff is continually checking in on the dogs to ensure that they are not ingesting any of the toys while also allowing them the freedom and pleasure of dissecting their plush filled buddies. At home, you can do the same by checking that toys do not have any hard plastic or metal parts, and supervising your dog during play.



Adopting a Timid/Shy Dog

Congratulations on adopting a timid/shy dog! Timid/shy dogs might take a bit longer than a confident dog to warm up to people and places so patience is the key.

The key to helping your timid/shy dog is to learn to read your dog's signals whereby he is telling you that he needs more time or distance from the scary person or event. Some typical signs are:

- Yawning
- Lip licking
- Ears pinned back
- Tucked tail between his legs
- Shaking or trembling
- Crouching low or crawling
- Submissive urination

Let your dog dictate the speed at which he is comfortable investigating new people or events. Here are some key points to remember:

- Do not put pressure on your dog to interact with people or investigate new things that he is frightened with. Allow him to approach when he is comfortable.
- Interactions with people should be brief with no petting. Have people toss treats instead of hand delivering them. Shy/timid dogs prefer distance until they are comfortable.
- Take walks in a quiet neighborhood first so your dog gets acclimated to walking on lead with you (an unfamiliar person). Walk with confidence and talk to your dog. The goal is that your dog feeds off your confidence and not the other way around.
- Many shy/timid dogs do better with a confident, social dog. Elicit the help of a friend or neighbor who has a confident dog. Avoid taking your dog on walks with another fearful dog or one who barks at people and dogs while on lead. Before you know it, you will be walking 2 vocal dogs.

Training a timid/shy dog can help build confidence. A trained dog learns to speak our language, which helps to build confidence. Here are some suggestions for training a timid/shy dog:

- Find a certified, reward-based trainer who has an understanding of learning theory. Visit www.ccpdt.com or a list of certified dog trainers in your area.
- If your dog enjoys the company of other dogs, signing him up for a reward-based training class can help build his confidence. Call and ask questions before signing up to ensure that the trainer uses positive training techniques and will help support you and your dog while in class.
- The use of high value treats is of the utmost importance. While basic dog treats may work at home, they may not be valuable enough when your dog is around people or things that make him afraid.
- Many dogs will not eat when they are afraid. If your dog loves the chosen treats at home but won't eat them when out and about, you will have to find a higher value treat when you are taking him to new places or introducing him to new people.

Other useful tips:

- Hand feeding dogs can help your dog build a relationship. For example, take your dog's ration of kibble with you and reinforce him for good behaviors such as looking at you, sitting, or approaching something scary.
- Create a safe space for your dog until he is relaxed in your house. This might be a dog bed, crate or other area where your dog can get away from the hustle and bustle of a busy home. Do not permit people to approach your dog when he is relaxing in his safe area.

The key to helping build your dog's confidence is time, patience, dedication and love. If at any time you feel you are not making progress, we highly recommend seeking the help of a professional in the field to help guide you through the process.

Leash “Reactivity”

You just got home from a long day at work. Your pup has to go potty, you grab the leash, your dog is pumped, you take him outside, everything is great, you turn a corner, then POW! Your dog begins pulling, barking, and lunging in attempt to get to the dog they just spotted on the street. It would be one thing if this was a random encounter, but it’s not. Every time you walk your dog you are on edge, you are holding the leash tightly, sometimes holding your breath, and hoping with every ounce of your sanity that you don’t run into another dog. Guess what... you are NOT alone!

Believe it or not, leash “reactivity” is a very common behavior problem amongst dog owners. My goal with this information is to hopefully normalize the behavior, provide you with some management tools to help decrease the severity, and empower you to build comfort and confidence around walking a dog that has developed leash “reactive” behaviors.

What is leash “reactivity?”

Leash “reactivity” is more than just an overly excited dog, more than a dog that doesn’t have loose leash walking skills, and more than an owner that can’t “handle their dog.” The roots of leash “reactivity” are much deeper, and typically stem from something called barrier frustration.

Barrier frustration is a normal canine coping mechanism that exists when a dog is not able to participate in normal dog greeting etiquette. If given the opportunity, most social and dog-friendly dogs would greet one another in a polite, circular, nose-to-bum manner. When we put our dogs on leash and take them for a walk we are prohibiting them from greeting appropriately, interacting as desired, or even fleeing a scary situation. In turn, our dogs may begin to respond to the sight of other people or dogs in an exaggerated, frustrated, defensive, or overly “aroused” manner.

If allowed to continue rehearsing these undesired behaviors on leash, the frustrations may continue to grow, the intensity may rise, and the frequency in which you see the behaviors may increase. Before our dogs are able to develop a routine of barking, pulling, lunging, or growling every time they see another dog or person, let’s help manage the situation while addressing their current emotions.

How to manage:

There are a few tools and techniques available to help us manage our leash “reactive” dogs, some of which include:

- **Front Clip Harnesses-** By fitting your dog in a body harness, you will **decrease the pressure on their sensitive neck areas** when pulling and, in turn, gain more control of your dog when walking on leash. My personal favorite harness is the Freedom No-Pull Harness as it provides two places of contact for additional support. You can find more information on this harness at <http://freedomnopullharness.com>. A few other popular front clip harnesses include the Balance Harness, Easy Walk, Sensation, and Sensible.

- **Head Halters-** Head Halters work similarly to front clip harnesses, as they help manage pulling behavior. When a head halter is appropriately fitted it will gently position the dog's head back towards the handler when they are pulling ahead or have tension on the leash. Be sure to follow the desensitization protocol that comes with most head halters to ensure your dog is comfortable wearing one. A few popular head halters are: Newtrix, Halti, and Gentle Leader.
 - **Head halters should NEVER be used to jerk a dog's head,** "correct" an undesired behavior, or to pull the dog away from something. Using the head halter in this manner can increase the likelihood of injury, create a negative association to the equipment, increase fear and anxiety, and break the trust between dog and handler.
- **Be your dog's advocate-** If someone on the street continues to approach with their dog because their dog "is friendly," ask for some space! **Explain that your dog is not ready to meet other dogs** on leash, or just say "no thanks!" By being their advocates, they will not be forced into undesired situations that may increase the chances of heightened frustration, fear, or "arousal."
- **Avoid, avoid, avoid-** I know it can be hard sometimes to be 100% focused on your surroundings but if you are able to **spot a dog BEFORE your dog does,** you will be able to redirect their focus, cross the street, walk the other way, hide behind a car or bush, etc. If your neighborhood is highly dog populated, try getting your pup out for his daily walks during hours with less foot traffic or try less popular streets. By avoiding the chances of having a dog-dog run-in you are setting your dog up for success, preventing them from rehearsing the undesired behaviors, and allowing for a more comfortable and enjoyable walk for all parties involved.

How to Change their Emotional Response:

In combination with the management tools listed above, it is recommended that you also start working on developing positive associations with seeing other dogs on leash. This requires consistently and frequently delivering "good things" like delicious treats, every time your dog looks at another dog. This can take a lot of time, patience, and skill to be done effectively. There are many factors to take into account such as:

- Does my dog react to EVERY dog? Or is it just a specific breed, size, age?
- Is my dog suffering from barrier frustration due to fear, excitement, or possibly as a threat?
- Does my dog do well with other dogs when OFF leash?
- At what point does the "reactivity" take effect? What is my dog's threshold?

As I am sure you can now see, there are so many complicated factors that may be involved in your dog's "reactivity." In order to ensure that all bases are covered, that your dog is building a true positive emotional response, and that you are using the right methods to control your dog's "reactivity," it is highly recommended that you seek professional guidance from a Certified Professional Dog Trainer.

Separation Anxiety FAQ

(Used with permission from Melena Demartini)

How Long Will It Take To Overcome My Dog's Separation Anxiety?

Separation anxiety training is unlike many other types of dog training because it requires treatment of an emotional response, rather than simply teaching a new behavior or trick. Much like a human seeing a counselor for help with a fear or phobia, there's no way to predict a timeline for a "cure." Each dog is different (as are owners and their abilities to carry out the training exercises), so progress can start to happen within a few weeks or not for months.

While separation anxiety is a highly treatable disorder, the rate of progress is slow, particularly in the early stages. Thankfully, learning begins to accelerate once we've made careful initial gains. You can affect the rate of your progress by being consistent and devoting time to the process.

How Much Will It Cost Me To Work With A Trainer?

That depends on the length of treatment. Working with separation anxiety is different from regular obedience dog training or other behavior modification programs. The trainer invests considerable time creating specific, individualized plans, reviewing video regularly, giving feedback, and adjusting the written criteria based on reading the dog's body language and assessing his progress.

The only potential additional cost in treating separation anxiety is the purchase of an inexpensive webcam (if you don't already have one) and a checkup with your veterinarian (if necessary).

Won't My Dog Eventually Realize I'm Coming Back And Get Over It?

If only. Unfortunately, most dogs with separation anxiety tend to get worse if left alone repeatedly while experiencing anxiety. Your dog's body is flooded with stress-inducing chemicals each day he's left alone. Also, most dogs start to learn the clues or precursors that indicate alone-time is approaching, and that makes them hyper-vigilant and anxious even when you're home. We know it seems illogical and irrational, but many phobias are, even for humans.

Can't I Use A Citronella Collar Or Shock Collar To Stop The Barking?

We highly discourage the use of any anti-barking collar. The use of a citronella or shock collar may suppress anxiety-induced barking for a while, permanently, or not at all. Either way, the barking is merely an outward symptom of severe panic and getting rid of the barking doesn't get rid of the panic.

A dog with separation anxiety is suffering—hence the desperate barking, whining, or howling. With or without vocalization, your dog needs and deserves help. And typically, anti-barking collars worsen separation anxiety dramatically, even if they sometimes silence the dog in the process.

Is My Dog Doing This Because He's Mad At Me?

Unequivocally no. Although it is tempting to think so, dogs don't have the same cognitive machinery we humans have and so do not experience or have the ability to express resentment, guilt, or angry protest. Your dog isn't angry with you for leaving, he's terrified of being left alone, and this is not a voluntary state of being for him.

Should I Use A Crate During Absences?

Possibly. We have found that crate use can often exacerbate separation anxiety. While some dogs appear calmer when left in a crate, if they're introduced to it slowly with positive methods, many dogs try to escape from their crate during alone-time and that can become dangerous if they catch paws or teeth on metal parts.

Using a room with a baby gate, or closing off some areas of the house, is an ideal alternative for many dogs. Finding out what type of environment is best suited for your dog will take time and observation on your part. If you're uncertain, work with a trainer who can help you observe your dog's body language to help you make the best decision for you and your dog. And yes, even those dogs that have been destructive in the past or have had potty accidents due to anxiety can be successful outside of the crate – we'll show you how.

I Hear Treating Separation Anxiety Involves Using Food, But My Dog Won't Eat When I'm Gone.

Alone-time anorexia is a common symptom in dogs with separation anxiety. The goal of treatment is to get your dog to a place where he's comfortable when left alone. It may surprise you to learn that food use is not the cornerstone of working with separation anxiety, if it is used at all. Using food in most types of training is paramount, but it works a little differently with separation anxiety.

I've Been Told I'll Have To Medicate My Dog For Treatment, Is That True?

Not necessarily. There are several medications available to support a training program for separation anxiety in dogs, and we have seen significant benefit from their use with many cases. The choice to use medication is personal and should be discussed with your veterinarian. Various factors may dictate whether you want to consider medication, but in any case, following a solid behavior modification program is the most important component of treating separation anxiety. Medication alone won't take care of the problem.

Are There Any Holistic Remedies Intended For Use With Separation Anxiety?

Many, so many to the point that it can be overwhelming. The best person to advise you on which remedies you might try for your dog is a holistic veterinarian. Do understand that most natural remedies are not regulated nor are they tested for effectiveness. Do not administer anything to your dog (natural or otherwise) without checking with your vet – contraindications between various substances can definitely occur and can be serious.

Will Getting Another Dog Help My Dog?

A small percentage of dogs don't display anxiety when another dog is present, but it isn't a large enough percentage to suggest you run out and get a second dog. If you truly feel getting a second dog might be helpful in your case, we suggest working with a trainer to find out if your hunch is right. And if it is, enlist the trainer to help you choose an appropriate second dog. We recommend that you work on your dog's separation anxiety before adding a second dog.

For more information about separation anxiety, visit <https://malenademartini.com/>.

(Demartini, M. (2020). *FAQ*. Melena Demartini. <https://melenademartini.com/dog-separation-anxiety-faq/>)

Source: Demartini, M. (2020a). *FAQ*. Melena Demartini. <https://melenademartini.com/dog-separation-anxiety-faq/>

Microchip Information

Did you know that your new pet is microchipped and registered to you? Here are your instructions to access the account and update information.

HOW TO: Create a Pet Owner Account

1. Upon landing on found.org, click on the left-hand option to identify yourself as a Pet Owner.
2. Click on “Register” in the upper right-hand corner.
3. Enter email twice. Entering it twice ensures that there are no typos.
4. View and accept Terms and Conditions.
5. Opt-in to our newsletter.
6. Create password. Passwords must be at least 6 letters and contain no special characters.
7. Enter first name, last name, and mobile number. We will text, call, and email you if your pet is lost and then found and scanned.
8. Enter full address.
9. Enter Emergency Contact(s). Your emergency contact(s) will receive phone calls and text messages should your pet become lost and then found.
10. Enter veterinarian information. Your veterinarian will receive phone calls and text messages should your pet become lost and then found.
11. Click on “Finish Account.”
12. Account is created. It is your responsibility to update your information (address, phone number, etc.) if it changes.

HOW TO: Update Pet Owner Information

1. Click “Sign In” at the top right-hand corner.
2. Enter your email (username) and password.
3. Click “Sign In”.
4. On your dashboard, on the “My Information” tab, click “Edit” on the right.
5. Click through different tabs listed “Contact,” “Location,” “Emergency,” and “Vet” to update account information.
6. For each piece of information that is updated, click “Save Changes” to update account.

Found.org

Michelson Found Animals Registry

CONGRATULATIONS!



Thank you for adopting!

Today is the beginning of many new, happy moments together. Whether a first-time or experienced pet guardian, you're bound to have questions along the way.

There's an app for that!

Introducing **Maddie's Pet Assistant**. Send feedback about your pet, receive helpful tips, send adorable photos, keep up to date with vaccinations, and more!

Simply download the FREE app from Google Play or the iTunes Store. You'll receive an email with your login details.

To learn more, visit MaddiesFund.org/MPA



MADDIE'S®
Pet Assistant



Cost of Care

When it comes to the costs of a dog, there's a wide range of prices for nearly every necessity you can think of. The cost of caring for a dog depends on your individual pet's needs and your personal budget. The chart below will give you an idea of what to expect!

<u>Expense</u>	<u>First Year</u>	<u>Each Following Year</u>
Adoption Fee	\$0 - \$350	Not Applicable
Food	\$120 - \$500	\$120 - \$500
Bowls	\$10 - \$50	Not Applicable
Treats and Chews	\$50 - \$300	\$50 - \$300
Collar	\$6 - \$50	\$0 - \$50
Leash	\$10 - \$50	\$0 - \$50
Bed and Crate	\$25 - \$250	\$0 - \$250
Toys	\$10 - \$200	\$0 - \$200
Vaccines and Routine Vet Care	\$100 - \$350	\$80 - \$250
Heartworm Test (yearly)	\$35	\$35
Heartworm Prevention (monthly)	\$24 - \$120	\$24 - \$120
Flea and Tick Prevention (monthly)	\$40 - \$200	\$40 - \$200
TOTAL	\$430 - \$2455	\$349 - \$1955

*This chart does not include: training classes (which we 100% recommend), emergency vet care (which can range from a few hundred to a few thousand, doggie daycare and pet sitting services, professional grooming (which is necessary for certain breeds), and dog licenses (which are required in some cities).

Miscellaneous Information

Dog Licenses

In some cities, dogs are required to have a license. Asheville Humane Society recommends checking with your county to find out if a dog license is required in your city, and how to apply for one for your dog.

Please note: residents of Asheville, NC are required to have a dog license for all dogs over six months of age. Please go to <https://www.ashevillenc.gov/service/get-or-renew-a-dog-license/> for more information.

A Note About Preventatives

Animals adopted from Asheville Humane Society have been given flea and heartworm preventatives as needed. Please note that flea and heartworm preventative should be given per the instructions on the package, and you should follow up with your veterinarian to get prescriptions and refills for these preventatives. Asheville Humane Society is unable to provide prescriptions and refills for these preventatives.

Medical Care

We recommend establishing a veterinarian for your newly adopted animal as soon as possible! Please note that the Asheville Humane Society is unable to provide medical care after adoption. Please refer to the Veterinary List on the next page to find your new veterinarian!

Veterinary Referral List

All Pets Animal Hospital

7 Reynolds Mountain Blvd.
Asheville, NC 28803
(828) 645-5252

Allen Animal Hospital

24 Critter Trail
Weaverville, NC 28787
(828) 658-2287

All Saints Animal Hospital

720 A. North Grove St.
Hendersonville, NC 28792
(828) 697-1717

Animal Hospital East

1275 Tunnel Rd.
Asheville, NC 28805
(828) 298-6585

Animal Hospital of North Asheville

1 Beaverdam Rd. Asheville, NC 28804
(828) 253-3393

Animal Hospital South

1304 Hendersonville Rd.
Asheville, NC 28803
(828) 277-0600

Appalachian Animal Hospital

68 N Main St.
Weaverville, NC 28787
(828) 658-8989

Arden Animal Hospital

3927 Sweeten Creek Rd.
Asheville, NC 28803
(828) 684-6372

Asheville Veterinary Associates

South 1275 Sweeten Creek Rd.
Asheville, NC 28803
(828) 274-0646

Asheville Veterinary Associates

West 50 New Leicester Hwy.
Asheville, NC 28806
(828) 253-0451

Avery Creek Pet Hospital

565 Long Shoals Rd.
Arden, NC 28704
(828) 651-8868

Beacon Veterinary Hospital

101 Whitson Ave.
Swannanoa, NC 28778
(828) 686-3828

Blue Ridge Animal Hospital

306 West State St.
Black Mountain, NC 28711
(828) 669-8719

Brevard Animal Hospital

1985 Asheville Hwy.
Brevard, NC 28712
(828) 884-4775

Carolina Pet Care

485 Old Country Home Rd.
Asheville, NC 28806
(828) 254-4224

Cat Care Clinic of Asheville

364 Weaverville Hwy.
Asheville, NC 28804
(828) 645-7711

Cedar Ridge Animal Hospital

184 Charlotte Hwy.
Asheville, NC 28803
(828) 575-2430

Charlotte St. Animal Hospital

180 Charlotte St.
Asheville, NC 28801
(828) 232-0440

Fairview Animal Hospital

867A Charlotte Hwy.
Fairview, NC 28730
(828) 628-3557

Fletcher Animal Hospital

5515 Hendersonville Rd.
Fletcher, NC 28732
(828) 684-4244

Fox Run Veterinary Services

130 Weaverville Hwy.
Asheville, NC 28804
(828) 645-2908

Haw Creek Animal Hospital

1007 Tunnel Rd.
Asheville, NC 28805
(828) 298-1678

Haywood Animal Hospital

2846 Haywood Rd.
Hendersonville, NC 28791
(828) 697-0446

Health Care For Pets

417 Haywood Rd.
Mills River, NC 28759
(828) 891-4848

Laurel Park Veterinary Hospital

1824 Windsor Dr.
Hendersonville, NC 28791
(828) 697-5686

Madison County Animal Clinic

1800 S. Main St.
Mars Hill, NC 28754
(828) 689-5711

Mountain Animal Hospital

121 Barnardsville Hwy.
Weaverville, NC 28787
(828) 645-1616

Mountain Valley Veterinary**Hospital**

348 New Leicester Hwy.
Asheville, NC 28806
(828) 254-2122

Open Door Veterinary Care

1419 Patton Avenue
Asheville, NC 28806
(828) 417-7768

Pet Vet on Patton Animal**Hospital**

2 Hansel Ave.
Asheville, NC 28806
(828) 232-9990

Pinnacle Animal Hospital

200 Julian Lane, Suite 240
Arden, NC 28704
(828)676-2332

Riversong Veterinary Clinic

4 Market Street, Suite 4105
Brevard, NC 28712
(828) 862-8450

Redwood Animal Hospital

1 Crockett Ave.
Asheville, NC 28805
(828) 298-1846

Skyland Animal Hospital

1588 Patton Ave.
Asheville, NC 28806
(828) 252-8644

Smokey Park Veterinary**Hospital**

7 Pisgah Hwy.
Candler, NC 28715
(828) 665-1001

Sunvet Animal Wellness Clinic

251-A Haywood St. Asheville,
NC 28801
(828) 254-2221

Swannanoa Valley Animal**Hospital**

106 Highway 70
Swannanoa, NC 28778
(828) 299-1433

Sweeten Creek Animal & Bird**Hospital**

3131 Sweeten Creek Rd.
Asheville, NC 28803
(828) 684-8875

White Oak Veterinary Hospital

3336 Hendersonville Rd.
Fletcher, NC 28732
(828) 687-2803

WNC Veterinary Hospital

2 Pond St.
Arden, NC 28704
(828) 684-3531

Certified Professional Dog Trainer (CPDT) List

Asheville Humane Society follows the CPDT Humane Hierarchy model and positive reinforcement for training, and recommends seeking guidance from a CPDT if you need behavior assistance.

Heather Polechio

Mindful Mutz Training and Behavior Consulting

Phone Number: 828-230-6389

Email: mindfulmutz@yahoo.com

Website: <http://www.mindfulmutz.com/>

Joann Rehtine

Loose Leash Academy

Phone Number: 585-905-8281

Email: joann@thelooseleashacademy.com

Website:

<http://www.thelooseleashacademy.com/>

Lucky Dog Training

Phone Number: 828-423-9635

Email: trainingluckydogs@gmail.com

Website:

<http://www.luckydogtrainingasheville.com/>

Karen Comstock (English and Spanish services)

Lucky Dogs WNC

Phone Number: 828-489-8344

Email: auntkaren@luckydogswnc.com

Website: <http://www.luckydogswnc.com/>

Caitlin Morrow

Behavior Tails, LLC

Phone Number: 865-789-2414

Email: behaviortails@gmail.com

Trish McMillan

McMillan Animal Behavior

Phone Number: 212-203-2896

Email: trishbehave@gmail.com

Website: <http://www.loehranimalbehavior.com>

Jennifer King

True Connection Canine

Phone Number: 828-329-2852

Email: trueconnectioncanine@gmail.com

Website: <http://www.trueconnectioncanine.com/>

Sydney Bartson Queen

Sympatico Animal Behavior

Phone Number: 734-660-4688

Email: sympaticoanimalbehavior@gmail.com

