

# THE ESSENTIALS OF A CAT REFUGE

If your cat wants to retreat to a quiet place in his home during the holidays, it's best to let him do so. In fact, experts suggest you create a safe haven where he can escape during the festivities.

"Cats choose their own getaway places, often under a bed," says Katherine A. Houpt, VMD, Ph.D. "Let them do it. Wherever the cat is hiding, close the door to that room, and leave a litter box plus some food and water. Try to spend time playing interactively with the cat."

A darkened room with an interactive feeding device can be a welcoming haven for a cat, says Germain F. Rivard, DVM, Ph.D.



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**Cats often find their own getaway** under the bed.

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Adding a synthetic pheromone can further help a cat to relax. It's a synthetic version of the feline facial pheromone that cats use to mark their territory by cheek rubbing. The marking helps them feel safer and more secure.