Article Outline:

Introduction:

- Address the pandemic, change in people's lives, and their acquisition of leisure time
- Address the popular thought of getting a puppy to help families during Covid.
- Make it a point to spread awareness that getting a puppy is a long-term commitment and should be a carefully considered decision.

Do's:

- If you're alone, away from family, and in the need for good company and warm cuddles

  -people in self isolation, in quarantine, and/or those who don't have families
- If you're on a flexible work schedule and can take proper care of it

  -will need time and money (ongoing costs)

  -will need to be in close proximity to a veterinarian clinic, if taking transportation there is a challenge
- If you've always wanted one, but couldn't find the time to raise one during normal times

  -puppies need lots of time and attention during their first year
- If you find that you need motivation and constant friendly reminders to get off the couch and move to stay healthy

  -puppies have bursts of energy and will need you to play with them several times a day

  -they will also need walks once or twice a day as they grow older
- If you find that you need an extra boost of positivity and energy in your life

  -puppies bring a lot of joy into our lives by giving us their attention and time as we watch them grow up and watch the world through their eyes

Don’ts:

- If you’re living with your family and not every member is a dog person

  -families are under a lot of stress due to these unprecedented times, and every member needs to be willing and ready to accept the responsibility of a puppy
- If your work schedule prohibits you from taking proper breaks and proper care of yourself

  -just like with babies, the beginning months of getting a puppy can be challenging and taking care of this new family member will require lots of time, attention, and at times lack of sleep
- If you’re not ready for the challenges of raising one

  -puppies are cute, cuddly, and messy

  -they will take time to become potty-trained

  -during their teething stage, you will have to keep a constant eye on what they are digging their teeth into (i.e. furniture, rugs, books, clothes)
- If you are unmotivated, unwilling, or unable to take your puppy on walks and/or play with him/her

  -many breeds can get aggressive if they are not allotted time to expel their energy on exercise and exploring the outdoors (i.e. German Shepherds, Huskies)
- If your mental health is on a decline due to the stresses of the pandemic

  -raising a puppy can be as stressful as it is rewarding, so being prepared to handle additional stress on top of pandemic anxiety is necessary before committing yourself to getting a dog

Is Getting a Puppy the Answer to your Rising Pandemic Anxiety?

With the ever-changing and challenging times of living in a pandemic, one thing that remains unchanged is the basic human need for socialization and developing meaningful connections. Though the pandemic has taken away our privileges of meeting our loved ones anytime and without social distancing restrictions, it has provided us with a greater privilege—time. When the outside world shut its doors for us, we had decided to stay in the comfort of our individual homes to spend that precious time doing things we previously never had enough time to do. Amid discovering old and new hobbies, many of us are deciding to add a fluffy, furry member to our families—a dog. Although there are many articles in support of including a furry member in your family to help you during these unprecedented times, it is important to do your complete research before you make this long-term commitment that will probably last beyond the times of this pandemic. After careful research, we have compiled a list of Do's and Don'ts for you to consider before you make a long-term commitment of including a furry member in your family:

Do Get a Puppy:

1. If you're alone, away from family, and in the need for good company and warm cuddles
2. If you're on a flexible work schedule and can take proper care of it -will need time, vet, money
3. If you've always wanted one, but couldn't find the time to raise one during normal times
4. If you find that you need motivation and constant friendly reminders to get off the couch and move to stay healthy
5. If you find that you need an extra boost of positivity and energy in your life.

Don’t Get a Puppy:

1. If you’re living with your family and not every member is a dog person
2. If your work schedule prohibits you from taking proper breaks and proper care of yourself
3. If you’re not ready for the challenges of raising one (i.e. potty training, teething)
4. If you will not be motivated, are unwilling, or unable to take walks your puppy on walks and/or play with him/her.
5. If your mental health is on a decline due to the stresses of the pandemic.

Sources used:

https://www.akc.org/expert-advice/puppy-information/what-its-like-to-get-a-puppy-during-covid-19/

https://www.theguardian.com/money/2020/oct/10/puppy-costs-buying-dog-covid