



## The first 72 hours

*What to do today, what can wait, and what comes next.*

### RIGHT NOW (TODAY)

- Decide on body care.** Private cremation, communal cremation, aquamation, or home burial. Most clinics need an answer within 24 hours, but you can decide tomorrow if you need to.
- Keep something physical.** A collar, a tuft of fur, a clay paw print. Ask your vet — most can do this for you.
- Tell one person.** Not to explain. Just to let someone know.
- Eat and drink something.** You don't need to be productive today. You do need to keep yourself going.

### THIS WEEK

- Cancel or pause auto-ship orders (food, meds, flea/tick prevention)
- Notify pet insurance to stop billing
- Update or deactivate microchip registration
- Pick up ashes or memorial items if you've ordered them
- Decide what to do with food, medication, and uneaten treats — donate to a shelter if you can

### WHEN YOU'RE READY (NO TIMELINE)

- Decide what to do with their belongings — keep, donate, or pass on
- Set a remembrance date (their birthday, adoption day, or the day they left)
- Walk through a guided farewell — at home, on your own time

### ONE MEMORY PROMPT

*"Write down one specific moment, not a summary. The smell of their fur after a bath. The sound they made when you came home. Something only you would notice."*

TONIGHT, BEFORE SLEEP

### GRIEF SUPPORT HOTLINES

**ASPCA Pet Loss** · (877) 474-3310

**Tufts Pet Loss** · (508) 839-7966

**Cornell Pet Loss** · (607) 253-3932