



Summer's here!

Tips for recognizing heat stress, and preventing heat stroke during those Dog Days of Summer

IF YOU'RE FEELING HOT, THEN YOUR PUP IS PROBABLY FEELING HOTTER!

On warm and humid days, it's more challenging for our pups to stay cool than it is for us. We sweat, they don't. Even warm breeze on a hot & humid day contributes to our evaporative cooling. Since dogs cool down by panting, it's much harder for them to manage their internal temperature while breathing hot & humid air.

"It's important to remember that it's not just the ambient temperature but also the humidity that can affect your pet," says Dr. Barry Kellogg, VMD, of the Humane Society Veterinary Medical Association. "Animals pant to evaporate moisture from their lungs, which takes heat away from their body. If the humidity is too high, they are unable to cool themselves, and their temperature will skyrocket to dangerous levels—very quickly." ⁽⁴⁾

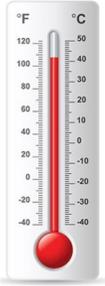
SOME DOGS ARE AT HIGHER RISK FOR HEAT STRESS THAN OTHERS.

- ➔ Brachycephalic dogs, those pups with short noses (Pugs, Bulldogs, Boston Terriers, Pekingese, Boxers, Shih-tzus, and French Bulldogs),
- ➔ Senior dogs & very young pups,
- ➔ Overweight pets,
- ➔ Those that aren't conditioned for prolonged exercise,
- ➔ Pups that have heart or respiratory disease, and
- ➔ Muzzled dogs (since their ability to pant is restricted by the muzzle).

Working and hunting breeds of dogs, may also be at a higher risk on hot days. Their drive to work (and play), will keep them active long after they should stop. Make sure these guys get plenty of breaks to rest in the shade, slow down the pace of any outdoor exercise, and keep them well-hydrated.

HEAT STRESS CAN ESCALATE QUICKLY TO HEAT STROKE!

Heat stroke is a serious life-threatening medical condition, and requires immediate veterinary care. However, there are usually several warning signs indicating a progression from mild heat stress, to moderate heat exhaustion, and finally to the most severe heat stroke.



*A dog's **average body temp.** is 101.5° F, with a range between 100° -102°. Dogs with **moderate heat stroke** (a body temperature of 104°) can recover if given prompt first aid and veterinary care.*

***Severe heat stroke** occurs when a dog's body temperatures is over 106° F, and is considered a life-threatening medical emergency. (8)*

AN OUNCE OF PREVENTION...

Heat stroke is preventable. Being able to recognize and respond to the **EARLY WARNING SIGNS** of heat stress can prevent the onset of heat stroke. You know what's normal behavior for your pet. So in addition to the following general signs of heat stress., it's important to keep an eye on what seems like unusual behavior for your pet.

In addition to the internal temperature markers, **visible signs of HEAT STRESS & HEAT EXHAUSTION**, and your pet's rising body temperature include (7):

- ➔ Moving more slowly than normal, "not keeping up"
- ➔ Wandering off to seek shade and frequent rests
- ➔ Seeking out water sources (even puddles) for a drink
- ➔ Prolonged and rapid panting
- ➔ Loud or labored breathing
- ➔ Drooling
- ➔ Dark red gums and tongue

HEAT STROKE is a life-threatening condition for your pet and requires emergency veterinary care.

Heat stroke is indicated by the visible symptoms above, PLUS any or all of the signs listed below (7):

- ➔ Vomiting - possibly containing blood
- ➔ Diarrhea - possibly containing blood
- ➔ Glazed-over eyes
- ➔ Staggering
- ➔ Collapse
- ➔ Unresponsiveness or apparent signs of an altered mental state
- ➔ Seizures
- ➔ Internal bleeding indicated by bruising of the skin or the gums (petechiae), bloody urine or feces.

AVOID THE STRESS BY PLANNING AHEAD!

- ➔ Slow the pace and duration of outdoor activities, and limit exercise to early morning or late evening hours,
- ➔ Never leave a dog unattended in a parked car. When ambient temperatures are 85° F it can take less than 10 minutes for the internal temperature of a parked vehicle to reach 102° F on a sunny day, and less than 30 minutes to reach 120° — even with all the windows partly open,
- ➔ Adjust the intensity and duration of exercise in accordance with the temperature,
- ➔ If you are planning a long walk or hike, make sure that you start early enough so that you can finish the trip before the heat sets in,
- ➔ Walk and play in shady areas,
- ➔ Carry PLENTY of water to prevent dehydration and to aid in cooling,
- ➔ Incorporate a kiddypup pool, hose, stream, lake, or other source of cool water into your regular exercise routine,
- ➔ For long treks, you can freeze one of your water bottles/packs the night before and have an extra cool source of water during a long hike,
- ➔ On very hot and humid days, it's more important for pups to remain cool and safe inside than it is to get the extra exercise.

PROTECT THOSE TINY TOES



Dark asphalt, sand, dark synthetic surfaces, and metal surfaces can heat up to burning temperatures very quickly in direct sunlight. Not only can they burn paw pads (and bare feet), but the radiant heat from these surfaces can quickly increase a dog's body temperature. Consider picking up doggie booties for the next trip to the beach or if your regular walking route has a lot of asphalt (and then save them for the winter's freezing temps).

Links to more info on [how to treat Heat Exhaustion and Heat Stroke in pups.](#)

(1) <https://www.asPCA.org/pet-care/general-pet-care/hot-weather-safety-tips>

(2) <http://www.pethealthnetwork.com/seven-summer-cat-and-dog-safety-tips>

(3) <https://www.petfinder.com/dogs/dog-care/hot-weather-tips/>

(4) <https://www.humanesociety.org/resources/keep-pets-safe-heat>

(5) <https://vcahospitals.com/know-your-pet/heat-stroke-in-dogs>

(6) https://www.petmd.com/dog/emergency/common-emergencies/e_dg_heat_stroke

(7) <https://www.preventivevet.com/dogs/heat-stroke-in-dogs-what-is-heat-stroke-and-when-does-it-happen>

(8) <https://www.embracepetinsurance.com/waterbowl/article/overheating-in-dogs>