



SUMMER IS A GREAT TIME for outdoor activities with your pet, but the high temperatures can be a safety concern. Here are some safety tips so that you and your pet can enjoy the summer together.

- **Keep pets indoors during the day.** Quick walks and bathroom breaks are OK but try to keep your pets in the shade and limit their time on concrete when on walks.
- If pets do spend time outside during the day, **ensure that they have access to shade at all hours of the day.** Dogs on tethers are especially vulnerable because they could become tangled in the tether, out of reach of shade or water. Grass and greenery help keep the yard cooler, too.
- **Provide pets with fresh, cool water at all times.** During the heat of summer, water should be dumped and refilled often.
- **Exercise dogs during the cooler morning or evening hours,** not in the intense afternoon heat. Dogs who are seniors, overweight, have thick fur, or a pushed-in nose (such as Boxers, Pugs, and Pekingese) are even more at risk of overheating. Bring water for both you and your pet, or a collapsible bowl if there's a water source on your route.
- **Be aware of the temperature** of the sidewalk, asphalt, sand, or even packed dirt, since the heat can cause burns to your pet's paw pads if they get too hot.
- **Consult a veterinarian** about whether your pet needs a pet-approved sunscreen on exposed areas. Dogs with bald patches or minimal coats may need sunscreen, as well as Nordic breeds of dogs, who are prone to auto-immune-related sun diseases.



7 SECOND RULE

Press the back of your hand firmly against the asphalt for 7 seconds to verify if it will be comfortable for your dog.

When the air temperature is this, asphalt has been measured at:

| <u>AIR</u> | <u>ASPHALT</u> |
|------------|----------------|
| 77° | 125° |
| 86° | 135° |
| 87° | 143° |

At 125° asphalt (77°/air), skin destruction can occur in 60 seconds.

- **Never leave your pet in a parked car** when the outside temperature is above 70 degrees. Not even with the windows partway down, not even in the shade, not even for a quick errand. Dogs and cats can't sweat like humans, so they pant to lower their body temperature. If they're inside a car, recycling very hot air, panting gives no relief, and heatstroke can happen quickly.
- **Keep in mind** that the bed of a truck can also increase in temperature similar to asphalt. If it's too hot for you it's too hot for them. Follow guidelines for testing asphalt.

ASPCA

120°
Within 30 minutes, the car's interior can climb from 85° to 120°.

102°
On an 85° day, it only takes ten minutes for the inside of your car to reach 102°.

90°
Even if the temperature outside is only 70°, the inside of your car may be as much as 20 degrees hotter!

It's Hot Out!
Don't Leave Your Pet in the Car!

Pets most at risk for overheating are young, elderly or overweight animals, those with short muzzles and those with thick or dark-colored coats.

A car may overheat even when the windows have been left open an inch or two.

Shade offers little protection on a hot day and moves with the sun.

Many states and local governments have laws that prohibit leaving an animal unattended in a motor vehicle under dangerous conditions, which includes hot days. Your car could be damaged or you could be charged with a crime.

If you see an animal in a car on a hot day, try to locate the owner, or call 911! Stay by the car until help arrives.

HEATSTROKE

Heatstroke can occur when an animal's temperature rises to a critical level. Normal body temperatures for dogs and cats range from 100 to 102.5 degrees. When a dog's temperature rises to 108 degrees, or a cat's to 106 degrees, they can suffer irreparable organ damage and even die.

How do you know if your pet has heatstroke?

Pets exhibiting signs of heatstroke may be distressed, weak, panting and breathing heavily, have a dark red to purple-colored tongue, and may throw up.

What should you do if your pet is displaying signs?

Move a pet suffering from heatstroke out of the heat immediately. Cool an animal's ears, belly, and paw pads with cool (but not freezing or icy) water. Do not put an animal in cold water or cover him with a cold, wet blanket. Once the pet is stabilized, take him to the veterinarian as soon as possible. The animal may be experiencing issues internally that are not visible to you.

GROOMING

Make sure to keep your pet groomed. Brushing away mats and knots helps with circulation and regulating body temperature.

Make sure to protect your pet with heartworm and flea and tick preventatives. Your pet can get heartworm and flea and ticks all year round, but heartworm, flea and ticks especially thrive during the warmer months. Fleas and ticks may carry disease that can be harmful or even deadly to your pet if not treated.

