



Preventing Heat Stroke

School is almost out and summer is right around the corner. Time for weekends at the lake, road trips, and neighborhood block parties. It's also that time of the year that we need to be conscious of where we take our furry children and how to recognize signs of heat exhaustion.

Bottom line....it's 10 times easier to prevent heat stroke than to treat it:



- **Traveling**
 - If you need to make a quick trip to the store for milk, just leave Fido home
 - *"I will only be inside for 5 minutes"* – can you see the length of the checkout line from your car?
 - *"I can leave the car running and the A/C on"* – unfortunately people love to steal cars with keys left in them and animals left in the vehicle are at risk for being stolen or injured if criminals come lurking for an opportunity.
 - *"I will crack the windows and park in the shade"* – sorry to be the bearer of bad news but the shade just *slows the heat* from creeping in, and unless the windows are all the way down there is *ZERO air movement* inside the vehicle.
 - Road Trips....*be mindful of stops along the way*
 - Travel with at least one other person, so when nature calls someone can stay in the car with the pets
 - Pack your own cooler with food so you don't have to leave pets in the car for food breaks
 - Pack extra water and a travel bowl for pets to drink from when you do make a stop
 - Don't plan stops along the way to go to the zoo or walk through a museum unless the facility allows pets to go inside with you
 - *On a side note*.....when traveling with animals make sure they have *identification* tags on them at all times, a *leash* attached, and if they are *microchipped*, make sure the *information is up-to-date* and carry the microchip number with you.
- **Dogs can get heat stroke at home too**
 - If outside for extended periods of time make sure there is *shade* and fresh *water* available.
 - *Daily walks* – arrange for walks to be done early in the *morning* or after the sun goes down
 - *Night time safety:*
http://www.petmd.com/dog/wellness/evr_dg_staying_safe_while_walking_your_dog_at_night
 - If it's been a really hot day, take into consideration *how hot the pavement can be* – if it's too hot for your bare feet, it's probably uncomfortable to your dog
 - Their paw pads can *burn* and *blister*.
 - *Breeds prone to heat stress:* all breeds are susceptible, but BULLDOGS, Pugs, Boxer, Cavalier King Charles Spaniel, Boston Terriers, Pekinese, and breeds bred for cold environments (Akita, Husky, American Eskimos, etc) are at higher risk.
 - This is a great article to read before giving your pet the '*summer shave*':
 - <http://pets.webmd.com/features/shaving-dog-or-cat-during-summer>

