

# HEAT PET SAFETY!

www.DVMmultimedia.com  DVMmultimedia™



## SHADE & WATER

Protect your pets from the sun's rays and keep them hydrated.



## NO CARS

Never leave a pet in the car, not even with the window cracked.



## HEAT STROKE

Excessive panting, discolored gums, and mobility problems are signs. Seek veterinary attention immediately!



## NO ASPHALT

If it's too hot for bare feet, it's too hot for bare paws.



## LIMIT EXERCISE

Don't let playful pets over exert themselves in the heat.



## SHADE & WATER

70-80 percent of a dog or cat's body mass is made of water. Remarkably, losing only 10 percent of the body's total fluids can cause serious illness.

Panting causes water to be expelled from the body. Further body fluid will be lost through the skin, digestive tract, and other organ systems functioning during times of activity, illness, and when exposed to heat.

Keep your pets as hydrated as possible by always having fresh water available in the places your pets spend time and frequently offering small sips of water during activity.

## NO CARS

One of the deadliest heat hazards for pets is elevated temperature experienced inside our cars.

Never leave your pet in a non-climate controlled car, even on what feels to be a cool day.

The hotter your car becomes, the more likely your pet will also experience a commensurate increase in body temperature.

Estimated Vehicle Interior Air Temperature v. Elapsed Time

Elapsed time	Outside Air Temperature (F)					
	70	75	80	85	90	95
0 minutes	70	75	80	85	90	95
10 minutes	89	94	99	104	109	114
20 minutes	99	104	109	114	119	124
30 minutes	104	109	114	119	124	129
40 minutes	108	113	118	123	128	133
50 minutes	111	116	121	126	131	136
60 minutes	113	118	123	128	133	138
> 1 hour	115	120	125	130	135	140

Courtesy Jan Null, CCM; Department of Geosciences, San Francisco State University

You may only plan to be away from the car for a few minutes, but unforeseeable circumstances can keep you away for longer. As a result, your pet will broil and potentially die inside the "glass coffin" (as cars are commonly referred to in the veterinary community).



## NO ASPHALT

"Asphalt gets very hot and can burn your pet's paws, so walk your dog on the grass if possible," the Humane Society of the United States (HSUS) urges. But sometimes it can be hard to tell if the pavement is hot.

You can actually check the pavement by putting the back of your hand on the pavement, and if you can't keep it there for five seconds, it's too hot for your pup's feet.

Try to walk at a cooler time of day or in the grass.

If walking your dog on hot pavement is unavoidable, there are things you can do to be prepared, like using special dog booties or dog paw wax designed to protect your dog's sensitive paw pads from the heat.

If your pet's feet get burned it is a painful process of healing and many visits to the vet office for treatments and bandage changes.

## LIMIT EXERCISE

It is important to exercise your pet during the cooler times of the day, wear protective boots, give plenty of water, shade, & possibly cooling/wet vests.

When it is hot outside it is a great time to play some indoor games in the air conditioning. You can run up and down the stairs, play fetch, hide & seek, practice new training techniques, or possibly get a treadmill. Your cat's will enjoy these fun activities as well.



## HEAT STROKE

Increased Body Temperature and Heat Stroke in Dogs

Hyperthermia is an elevation in body temperature that is above the generally accepted normal range. Although normal values for dogs vary slightly, it usually is accepted that body temperatures above 103° F (39° C) are abnormal.

Heat stroke, meanwhile, is a form of non-fever hyperthermia that occurs when heat-dissipating mechanisms of the body cannot accommodate excessive external heat. Typically associated with temperature of of 106° F (41° C) or higher without signs of inflammation, a heat stroke can lead to multiple organ dysfunction.

### **Symptoms and Types**

Hyperthermia can be categorized as either fever or non-fever hyperthermias; heat stroke is a common form of the latter. Symptoms of both types include:

- Panting
- Dehydration
- Excessive drooling (ptyalism)
- Increased body temperature - above 103° F (39° C)
- Reddened gums and moist tissues of the body
- Production of only small amounts of urine or no urine
- Sudden (acute) kidney failure
- Rapid heart rate
- Irregular heart beats
- Shock
- Stoppage of the heart and breathing (cardiopulmonary arrest)
- Fluid build-up in the lungs; sudden breathing distress (tachypnea)
- Blood-clotting disorder(s)
- Vomiting blood (hematemesis)
- Passage of blood in the bowel movement or stool
- Black, tarry stools
- Small, pinpoint areas of bleeding
- Generalized (systemic) inflammatory response syndrome
- Disease characterized by the breakdown of red-muscle tissue
- Death of liver cells
- Changes in mental status
- Seizures
- Muscle tremors
- Wobbly, incoordinated or drunken gait or movement (ataxia)
- Unconsciousness in which the dog cannot be stimulated to be awakened

### **Causes**

- Excessive environmental heat and humidity (may be due to weather conditions, such as a hot day, or to being enclosed in an unventilated room, car, or grooming dryer cage)
- Excessive exercise

### **Risk Factors**

- Previous history of heat-related disease
- Age extremes (very young, very old)
- Heat intolerance due to poor acclimatization to the environment (such as a heavy coated dog in a hot geographical location)
- Obesity
- Poor heart/lung conditioning
- Underlying heart/lung disease
- Increased levels of thyroid hormone (hyperthyroidism)
- Short-nosed, flat-faced (brachycephalic) breeds
- Thick hair coat
- Dehydration, insufficient water intake, restricted access to water

For more detailed information on Heat Pet Safety please visit these links:

[www.petmd.com/blogs/thedailyvet/patrick-mahaney/2014/may/keeping-your-pet-cool-summer-heat-31736#](http://www.petmd.com/blogs/thedailyvet/patrick-mahaney/2014/may/keeping-your-pet-cool-summer-heat-31736#)

<https://www.avma.org/public/PetCare/Pages/pets-in-vehicles.aspx>

[http://www.petmd.com/dog/conditions/cardiovascular/c\\_dg\\_heat\\_stroke](http://www.petmd.com/dog/conditions/cardiovascular/c_dg_heat_stroke)

<https://www.thedodo.com/how-to-tell-if-the-pavement-is-too-hot-for-your-dogs-feet-1242363093.html>

Please make an  
appointment to discuss  
your pet's health:



[AdobeVets.com](http://AdobeVets.com)