



STAYING SAFE IN SUMMER

When the summer comes, your dog can not only get hot and bothered but is also at risk of potentially fatal heatstroke. Keeping cool is vital

HEATSTROKE

Dogs can succumb to heatstroke in minutes

- Signs of heatstroke in dogs include collapse, excessive panting, and dribbling;
- If you suspect your dog is suffering from heatstroke, move them to a cool place, wet their coat with cool - not freezing - water, and contact your vet immediately;
- Once a dog shows signs of heatstroke, the damage is often already done, which is why it's so important to prevent it.

Never leave your dog in the car

- Dogs cannot sweat like humans can and cannot keep cool as easily.
- A car can become an oven very quickly even when it doesn't feel that warm out.

NEVER EVER LEAVE YOUR DOG ALONE IN THE CAR
EVEN FOR A MOMENT, EVEN WITH THE WINDOW SLIGHTLY OPEN.

Pay attention

- Watch your pet for signs of over-heating, including heavy panting and loss of energy.
- If you recognise these signs when on a walk, stop, find a shady spot and give your dog water.

Paddling pool

- Treat your dog to a dip with a paddling pool set up in the shade filled with cool, but not freezing cold, water.
- Make sure to fill it only to a level that means your dog isn't out of their depth and can easily stand up and get out.

Cooling mats and ice packs

- There is a wide range of specially designed cooling mats available to buy which may either need to be frozen or have self-cooling technology.
- Freezer blocks or pads, or even frozen bottles of water, well wrapped in a towel and placed in your dog's bed will have a similar effect.

Wet cool towels

- Wet a towel in cool water and drape over your dog's back.
- This will really help with lowering body temperature and is an important step if you suspect your dog is suffering from heatstroke before getting them to the vet.
- Don't leave it on once it has warmed up as it will have the opposite effect.

Frozen treats

- Make ice cubes or lollies with your dog's favourite treat inside or stuff a Kong and pop it into the freezer.
- Frozen carrots or apple slices are also a healthy tasty snack for a hot day.

Get a fan

- Place a fan next to your dog's bed or favourite lounging spot to keep them cool.

Cool toys

- If your dog has a favourite toy that's always in their mouth, pop it in the freezer for a quick cooling fix.

Water mists

- Filling a spray bottle with cool water and regularly misting your dog will help keep their body temperature down.

Plan your walks

- Take your dog out for walks at the coolest times of the day - early morning or late evening.
- Taking them for a walk in strong sun on a hot day can put them at risk of burning their paws on hot pavements as well as overheating/heatstroke.

Stay hydrated

- Make sure your dog always has access to fresh, cool water - including when you are out on a walk.

- If you are spending time out in the garden, make sure they have a bowl of water there too, out of direct sunlight.

Avoid sunburn

- Pale coloured dogs are particularly susceptible to sunburn, especially around ears, noses and areas with less hair.
- As with people, the best advice is to stay out of the sun when it is at its strongest, between 11am and 3pm.
- You can put a light t-shirt on them to keep them covered, but make sure this isn't going to contribute to overheating.
- You can also apply a non-toxic waterproof human sunblock or one specifically made for pets.

