Cypress Square Animal Clinic

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Heat Stress in Dogs and Cats

A HOT Summer in Texas awaits and it is critical to be knowledgeable on pet safety in the heat.

A few important guidelines to follow are:

- *Never leave your pets in a parked car*. Temperatures rise dramatically within 10 minutes to over 100 degrees when it is only 85 degrees outside the vehicle. It is also important to recognize that even adequate water would not prevent heat stroke in this case. It is better to leave your pets at home in the yard with shade or inside with air conditioning, where they are safe from the heat.
- *Outside pets need shade and water*. A doghouse is not an adequate source of shade because they also conduct heat like a car. A good source of shade would include a patio, existing trees or large shrubs. Also, make sure that clean water is readily available to your pet while outdoors.
- *Take care when exercising your pet in the heat*. Ideally exercise during hot parts of the summer should be primarily in the early morning or late evening to take advantage of the cooler parts of the day. If this is not feasible exercise should be adjusted to consider heat factors, including the environment. Keep in mind hot pavement may be detrimental to your pet's paws and the sun may be detrimental to their skin, especially in white dogs.

Signs of Heatstroke Include:

- Heavy Panting
- Glazed eyes
- Rapid Heartbeat
- Restlessness
- Profuse Salivation
- Vomiting
- Deep Red or Purple Tongue
- Lethargy
- Fever
- Excessive Thirst
- Dizziness
- Lack of Coordination
- Unconsciousness

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