

At Highland Park Animal Hospital we want everyone to have a safe summer including your pets. The weather is already near 100 degrees which can be dangerous to pets. During these **hot** and **humid** months pets can suffer from a condition known as hyperthermia or heat stroke. Heat stroke occurs when your pet absorbs an excessive amount of heat that they cannot properly dissipate. The symptoms you need to be aware of are:

- **Vigorous panting**
- **Dark red gums**
- **Collapse/laying down and unwilling to get up**
- **Disorientation**
- **Vomiting/diarrhea**
- **A rectal temperature of 104 degrees or higher**

There are many ways to keep your pet safe and to prevent heat stroke.

- **Never leave your pet unattended in the car even if the windows are open. On a hot day the temperature in a parked car can get up to 120 degrees within ten minutes.**
- **Do not take your dog for any vigorous exercise on warm or humid days. Even if it is only 75 degrees outside, humidity can still be dangerous.**
- **Keep fresh, cool water and shade available at all times.**
- **There are certain breeds that you should be more cautious about: Boxers, Pugs, Shih Tzu's, Boston Terriers, Bulldogs and any other brachycephalic (short-nosed) breed. These breeds are more prone to heat stroke.**



Heat stroke can cause multiple problems:

- **Dehydration**
- **Clotting of the blood**
- **Thickening of the blood**
- **Strain to the heart**
- **Death to body tissues**
- **Brain damage**
- **Organ failure**
- **Death**

If you notice any of these symptoms occurring:

- **Call your veterinarian immediately**
- **Get your pet in a cool area**
- **Take a rectal temperature. If the temperature is 104 degrees or higher lay cool towels over the pet (not frozen, it can cause hypothermia), spray the pet's foot pads with rubbing alcohol, and place a fan near the pet.**
- **Offer your pet water but do not force your pet to drink.**
- **Transport your dog to your local veterinarian.**

**Everyone have a safe summer!**