

Keep Your Pets Cool!

We love spending time outdoors during the summer and so do our pets. During the extremely hot and humid days of summer, it's important to keep your pet's health in mind too.

Practice the following tips to ensure your pet has a safe and healthy summer:

- **NEVER** leave your pet in a parked car. On a warm day, the temperature in a car can exceed 120 degrees in a matter of minutes, even if the windows are partially open. Your pet can quickly suffer brain damage or die from heatstroke or suffocation.
- **Exercise** your dog during the morning or evening. These are typically the cooler times of the day and not in direct sunlight or heat. During the extremely hot and humid days, adjust the intensity and duration of exercise. Asphalt can get very hot and burn their paws, so walk your dog on the grass if possible. Always bring water so they don't get dehydrated.
- **If** your pet is outside, provide ample amount of water and shade. Tree shade and traps are ideal for shade because they provide air flow. Doghouses do not provide adequate relief from the heat. During extreme heat, add ice to water when possible.
- **Keep** your pet hydrated. Dogs and cats bodies are made up of 70-80% of water; however, if they lose even 10%, it can cause serious illness. Keep your pets hydrated as possible by having fresh water available where your pet spends most of their time. If they are exercising, take frequent breaks and offer them the chance to drink water. You can pre-hydrate your pet by feeding them fresh, moist whole-food diets instead of dry dog food.
- **Watch** for signs of dehydration. Dogs and cats can't sweat, they cool off by panting. If a dog is overheated, it will drool excessively. Signs of dehydration include: lethargic (being very tired and no energy), bloodshot eyes, and even possibly pale in color. A good indicator of this is by lifting their skin; it will take longer than normal for it to fall back into place.
- **Watch** for signs of heat stroke. If your pet shows rapid heartbeat, difficulty breathing, fever, dizziness, seizure, lethargy, excessive thirst, profuse drooling or salivation, move the pet into the shade or air conditioning. Apply ice packs or cold towels to their head, neck and chest or run cool water over pet. Have them drink small amounts of water. Take them directly to a veterinarian to seek medical care.

Information provided from the Humane Society of the United States, Pet MD and Caesar's Way



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