

## What is "Too Hot"?

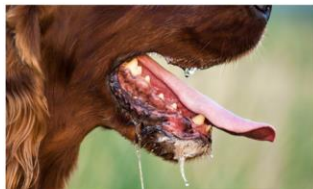
"Too Hot" is a campaign aimed at educating pet owners, during the hot summer months, on the prevention of:

- Heat stroke/exhaustion
- Dehydration
- Damage to feet and body

*When it's hot outside pets need a little extra care. Here are some things to consider when trying to keep your furry friends safe and sound during the summer*



Most of the time, heat stroke happens to pets on days that are exceptionally hot. Heat stroke is most common in senior pets and in very young dogs and cats that are prone to over-exert themselves.



### Signs of Heat Stroke:



- Panting
- Frothing/foaming at the mouth
- Excessive drooling
- Labored/difficult Breathing
- Elevated heart rate

- Dry, tacky gums
- Vomiting
- Diarrhea
- Confused/disoriented
- Red gums
- Lethargy/listlessness

- Weakness
- Lies down and difficult To rouse
- Seeking cool places
- Seizures
- Uncontrolled muscle tremors
- collapse

# Preventing Heat Stroke

- Pets should always have access to clean, fresh water and shade, especially in hot weather
- They should never be left in a car with the windows closed or slightly ajar, even if the car is parked in the shade and the owner is only planning to be gone for a few minutes
- Companions with pre-existing respiratory disease or breathing problems should be kept indoors with a floor fan or air conditioner running when the weather is hot or humid
- NO ANIMAL should be exercised strenuously in hot weather
- Dogs should not be confined on concrete or asphalt without some way to get off those heat attracting surfaces
- Dog beds, blankets, mats, wooden planking and grass all stay cooler than asphalt and cement and are kinder to a dog's sensitive feet

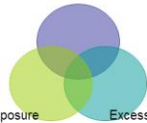


Elapsed Time	Outside Air Temperature (°F)					
	70	75	80	85	90	95
	Actual temperature in vehicle (°F)					
10 minutes	89	94	99	104	109	114
20 minutes	99	104	109	114	119	124
30 minutes	104	109	114	119	124	129
40 minutes	108	113	118	123	128	133
50 minutes	111	116	121	126	131	136

Data courtesy of Mukilteo Police Department

## Dehydration

Limited access to water



Excessive heat exposure

Excessive panting/salivation



Occurs when the body loses more fluid than it takes in. Dogs left outside in hot weather and those with frozen water dishes frequently get dehydrated

- Vomiting
- Diarrhea
- Lack of appetite
- Excessive urine
- Lethargy; listlessness
- Weakness
- Depression
- Panting
- Excessive drooling/salivation

## Prevention of Dehydration



- The best way to prevent animals from becoming dehydrated are to always provide [free access to fresh water](#) and to promptly seek veterinary care when an animal stops eating or develops repeated episodes of vomiting and/or diarrhea
- Dehydration can range from mild to extremely severe. [Severe cases can rapidly become life-threatening](#) if the pet does not receive swift veterinary attention

## Where's the damage in that?

- **Paw Care**

On an 87 degree day asphalt temperatures can reach 140 degrees, hot enough to cause burns, permanent damage and scarring after just one minute

- **Hot Cars**

Animals can sustain brain damage or even die from heatstroke in just 15 minutes. Beating the heat is extra tough for dogs and cats because they can only cool themselves by panting and sweating through their paw pads.

*Never leave a pet in the car even if the windows are cracked*



- **Parasites**

Fleas, ticks and other external parasites are more common in warm months. Parasite prevention should be done in consultation with a veterinarian

