



Keeping Dogs cool in summer

Keeping your dog cool in hot weather is all about being thinking ahead and being prepared. As well as having fun when the weather gets warm it is important to think about keeping your dog safe. The aim is to reduce the risk of heatstroke and make sure your dog stays fit and happy.

Below are some top hot weather dog care tips, so you can enjoy the sun whilst keeping your pet safe:

Plan your walks

Avoid walking your dog if the weather is hot as dogs are not able to cope in the heat as well as humans can. When the temperature rises, plan dog walks for the early morning or late evening to avoid the hottest part of the day. Even a warm day can predispose dogs to overheating, especially if they're exercising.

Check surfaces, such as tarmac and sand, before walking the dog. If it is too hot for your feet, it is too hot for your dog's paws and should be avoided completely.

Pick shady routes for walking your dog. Plan to take frequent breaks and enjoy the shade and cool grass together.

Keep hydrated

Water is essential for your dog all year round, especially on a hot day. If you're out and about with your dog,

Proper hydration is critical for dogs and humans alike, especially during summer weather.

Although some parks are equipped with dog-accessible drinking fountains, make sure you always have a bottle of water and a bowl for them to drink from at regular intervals.

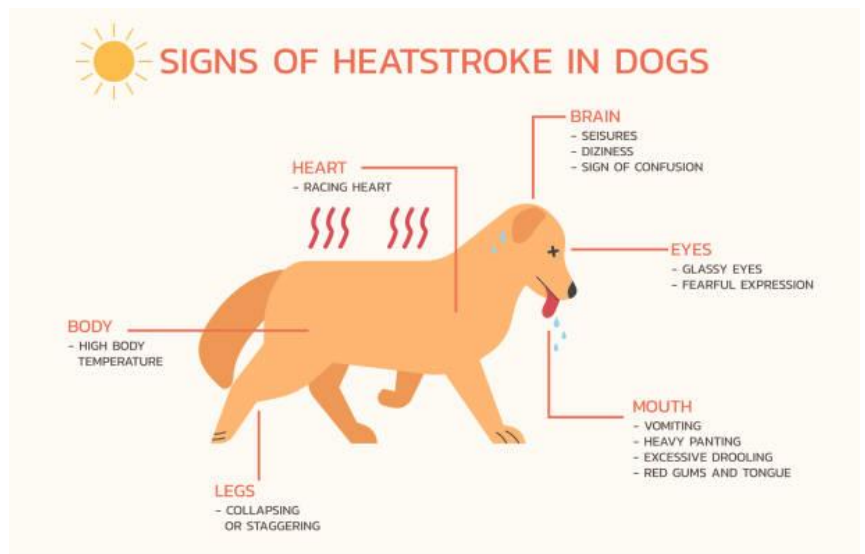
Collapsible dog bowls will come in handy any time you are out on walking the dog.

Be aware of signs of Heat Stroke

Dogs suffer with heatstroke when they overheat. Heatstroke develops when a dog can't reduce their body temperature and it can be fatal. This can happen not just when it's hot but also in warm temperatures. It is important to know how to avoid it and be aware of the signs as it requires urgent veterinary treatment. Any dog can develop heatstroke, but overweight, young, elderly, flat-faced, giant-breed, and thick-coated dogs are particularly at risk - even from just sitting out in hot weather.

Signs of heatstroke include:

- Heavy panting
- Lethargy
- Shaking or weakness
- Confusion or loss of coordination
- Vomiting or diarrhoea
- Drooling or foaming at the mouth
- Seizures
- Lips, gums or tongue may have a blueish tinge.



If you think your dog has heatstroke, you need to **ACT FAST**.

Make sure you contact your vet immediately. While waiting for your appointment at the vets:

- Move the dog to a shaded and cool area
- Keep them calm and still
- Put them on top of a cool wet towel or cooling mat or place them in the breeze of a fan
- Allow the dog to drink small amounts of cool water.