

# The HOT DOG DAZE of summer!

Here we go again – the HOT weather is back! What a bummer this time of year is for us dogs. We are so attached to our people that we don't understand just how hot it is and that it is better for us to stay home when you run errands. NEVER should we be left in a car without the AC on, even with windows rolled down. (You wouldn't sit in that car without the AC, not even for 3 minutes). Did you know that if it's 85 outside, it will take less than 30 minutes for the car to heat up to 120 degrees, even with the windows cracked? Yuck!!!

## ***Early Symptoms of Heatstroke***

Heatstroke is bad news for us, and some people don't understand what to look for. I will give you some signs that we show in the early stages:

- ♥ Dark or bright red gums and tongue
- ♥ Excessive drooling
- ♥ Heavy panting
- ♥ Breathing really fast
- ♥ Standing straight legged to try keep from falling over

## ***Advanced Symptoms***

When we are really bad off, these signs become:

- ♥ Vomiting
- ♥ Shock
- ♥ Uncontrolled urination or defecation
- ♥ Unwillingness to move
- ♥ White or blue gums
- ♥ Bloody diarrhea
- ♥ Noisy breathing

## ***Action Steps***

If you suspect that your dog is having a problem, you can do a few things to help out before you take us to the vet:

- ♥ Hose us down with cool water (ice water is just too much). Don't drop us in the pool or in a laundry tub full of water because the hot air can get trapped against our skin and not allow for evaporation to take place.
- ♥ Give us some ice cubes to lick
- ♥ Use an ice pack on the inside of our hind legs.

There can be damage to our internal organs, so a trip to the vet is called for, just in case we have had a really big problem that you might not be aware of. Even with all of this, there are ways that you can avoid this and still enjoy spending time with us!

## **Some Cool Advice**

- ♥ If you jog with your dog, be sure to job EARLY in the morning. The pavement or sand heats up and hurts our poor foot pads this time of year. It's also hard to keep up and pant at the same time. Don't forget, we have coats on, and we can't shed them when we go jogging with you!
- ♥ When your dog is outside with you in the summertime, make sure there is plenty of shade available, fresh water for us to drink and a misting system on the back patio is just as nice & refreshing for us dogs as it is for the humans.
- ♥ If you have an in-ground swimming pool and take your dogs swimming, be sure and watch the amount of time your dogs are playing, diving & swimming during the warmest of the summer months. If you see your dog starting to pant a lot, that is the sign that they likely need a break & playtime needs to cease for the day.
- ♥ If you don't have a pool, consider getting a kiddy's play-pool for your dog to lie down in and cool off in – they will love it! Really, we will!!!

**Written By Jacob-Riley the Golden**

**\*\*\* Portions also rewritten & edited with permission by Foothills Animal Rescue \*\*\***