

Keeping Your Pet Cool & Comfortable in the Summer

As the weather shifts from warm to hot, humid, sticky and downright uncomfortable, it is important to keep our pets cool, comfortable and healthy. Keep in mind that if it feels hot to you, it definitely feels hot to your pet!

There are many ways you can help prevent your pet from getting overheated or suffering from heatstroke. Heatstroke can be fatal. Use good old-fashioned common sense when administering to your pet's care and needs during the hot summer months.

- 1). If it feels hot inside or outside to you, guaranteed it also feels that way to your pet.
- 2). This is the time of year to utilize your fans, ceiling fans and, of course, your air conditioning – at home and in the car.
- 3). Walk and exercise your pet in the early morning and the early evening or at night when it is relatively cool outside.
- 4). Spend considerably less time outdoors with your pet during the heat of the day – from noon until 6:00 pm.
- 5). Spend more time playing with and exercising your pet indoors. Just hanging out together can be of benefit to both of you.
- 6). Provide plenty of clean and cool drinking water for your best friend – both inside and out. Keep him hydrated.
- 7). Teach your pet to drink from a water bottle so that you don't have to bring a water bowl with you wherever you go.
- 8). Put a kiddie (shallow) swimming pool in your back yard for your dog to cool off, splash and play in.
- 9). Bring a spray water bottle full of clean, cool water on walks with you and your dog so that you can splash him and cool him down.
- 10). Do not leave your pet outside when it's hot – monitor his whereabouts in your backyard and don't leave him out any longer than ten to twenty minutes at a time.
- 11). Always make certain your pet has identification with his name and your contact information – cell phone#, home phone, address, etc.
- 12). Do not overexert your pet – too much exercise can be harmful to your pet. In the hot weather. Even allowing him to spend too much time swimming can endanger your pet –

especially if he is older and has any respiratory or other health issues. He could become overly tired and drown.

13). Watch out for the symptoms of heatstroke: glazed, dull eyes, lethargy, drooling, excessive panting, deep breathing, vomiting, diarrhea. If he displays any of these, do your best to cool him down with a cool, damp or wet towel and cool rather than coldwater to drink. Cool him all over by fanning him. Take him to your vet immediately to prevent potential organ damage.

14). NEVER leave your pet unattended in a car for even several minutes when it is hot. – even if you leave the windows slightly down. The temperature in the car can rise dramatically very quickly and make your pet ill or even result in his death.

15). It is important not to overfeed your pet during the hot summer months. You may actually want to lighten his diet. Consult your veterinarian regarding the daily diet that is healthiest and most beneficial for your pet

Keeping your pet cool and comfortable can make him happy and healthy. By acting wisely, you may avert potential disaster and actually prolong your pet's life!