

# ***EXTREME HEAT SAFETY ALERT***

## **The Dog Days of Summer Can Spell Danger for Our Pets**

*Dr. Tony Kremer's Tips on  
Keeping Your Pets Safe in Extreme Heat*

With high temperatures hitting the Chicago metro area this week, it is important for us to keep our pets cool.

Dr. Tony Kremer, of Kremer Veterinary Services talked to several news outlets last week about keeping your pets safe. In case you missed it we thought we'd share his good advice in the links from [CBS 2 Chicago](#); [WBBM-AM 780](#); [WGN-AM 720](#); [WGN-AM 720](#)

And, here are Dr. Tony's top 5 tips for keeping your pets healthy, safe, and happy in the summer heat.

## **Heat Stroke**

- Extreme temperatures can cause heatstroke. Signs of heatstroke are heavy panting, glazed eyes, a rapid heartbeat, difficulty breathing, excessive thirst, dizziness, lack of coordination.
- Animals are at particular risk for heat stroke if they are very old, very young, overweight, not conditioned to prolonged exercise, or have heart or respiratory disease.
- Some breeds of dogs—like boxers, pugs, shih tzus, and other dogs and cats with short muzzles—will have a much harder time breathing in extreme heat.

## **Dehydration**

- Always have fresh, clean water available for your pets
- Travel with portable water bowls and bottled water with you

## **Never Leave Pet in Car**

- Don't leave your pet in the car – **EVER** - even if the windows are rolled down and air conditioning is on
  - On an 85-degree day, the temperature inside a car with the windows opened slightly can reach 102 degrees within 10 minutes. After 30 minutes, the temperature will reach 120 degrees.

## **Limit Time Outside**

- If it is above 70 degrees limit your pets time outside
  - Provide plenty of shade and cold water - add ice to the water
  - Walk your pet in the shade to avoid overheating – Try to walk your dog early morning or evening avoiding the heat of the day

## **Groom Your Pets**

- Groom your pets regularly to get rid of excess hair and its undercoat

Keep in mind that if you are hot, your pet is hot as well. Take care to avoid situations that make you feel overheated, as your pet will as well. For more information on keeping your pets safe go to <http://www.drtony.com>.

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