

# SUMMER DOG CARE

Many of us are aware of the dangers of leaving dogs in a car on a warm day. But exercising your dog in hot weather could cause them just as much harm.

**Make sure your dog stays happy and healthy this summer with our handy guide.**

**1 Walk your dog in the early morning or late in the evening** when temperatures are cooler so they will be at reduced risk. Be particularly careful if your dog has health problems, is a flat-faced breed, is overweight or suffers from breathing difficulties. Share your walks using #DogsAtDawn and #DogsAtDusk.

**2 Make sure your dog has access to shade** and plenty of fresh water throughout the day.

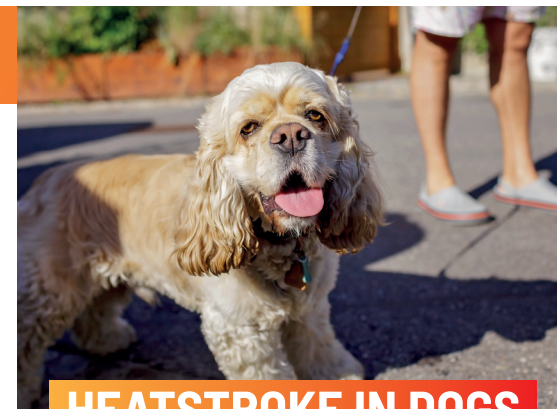
**3 Tarmac can get very hot in the sun** – check it with your hand before letting your dog walk on it so they do not burn their paws. Try the ‘seven-second test’: if it’s too hot to keep your hand on for seven seconds then it’s too hot for your dog’s paws.

**4 If you’re planning a day out**, check whether dogs are welcome at the visitor attractions you plan to visit. If dogs are not permitted, please make sure you arrange

for a pet sitter or kennel, or choose a dog-friendly alternative attraction. Do not risk even having to think about leaving your dog in a hot car.

**5 Don’t let your pet get sunburnt** – use pet-safe sun cream on exposed parts of their skin such as the tips of their ears and nose. Ask your vet for further advice if needed.

**6 Find dog-friendly accommodation** for your holidays. You can find a list of dog-friendly providers at: [theoutdoorguide.co.uk/stay/dog-friendly](http://theoutdoorguide.co.uk/stay/dog-friendly)



## HEATSTROKE IN DOGS

If dogs are too hot and unable to reduce their body temperature by panting, they will develop heatstroke, which can be fatal. Some dogs are more prone to heatstroke than others – such as very old or young dogs, those with thick, heavy coats or those with short flat faces (such as pugs and French bulldogs). Dogs with certain diseases or on some types of medication are also prone to heatstroke.



## SIGNS OF HEATSTROKE

### - WHAT TO LOOK OUT FOR:

- ❗ Is the dog panting heavily?
- ❗ Is the dog drooling excessively?
- ❗ Does the dog appear lethargic, drowsy or uncoordinated?
- ❗ Is the dog vomiting?
- ❗ Has the dog collapsed?

If your dog is showing any of these signs please follow the emergency first aid steps overleaf and contact your nearest vet if necessary.

**IF YOU SEE A DOG IN DISTRESS IN A HOT CAR DIAL 999**

Temperatures inside a car can reach deadly levels in just minutes.

## EMERGENCY FIRST AID

For the best chance of survival, dogs suffering from heatstroke urgently need to have their body temperature reduced to normal levels.



### STOP

further heating by stopping exercise or further heat exposure. Remove the dog from hot vehicles or buildings, get the dog out of the sun into the shade or create shade where possible.



### COOL

by pouring any available water that is cooler than the dog over their body while avoiding the head, then creating a breeze using a fan, air conditioning or by opening windows.



### TRANSPORT

the dog to your nearest vet's practice, with the air conditioning on or windows open. Make sure to call ahead to let your vet know you are on your way and the urgency of the situation.

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IN A HOT CAR DIAL 999**

**DOGS  
DIE  
IN HOT  
CARS**



**Heatstroke prevention:  
How to keep your dog safe and cool**

**DOGS  
DIE  
ON HOT  
WALKS**

