

## EMERGENCY FIRST AID +

For the best chance of survival, dogs suffering from heatstroke urgently need to have their body temperature lowered, but this needs to be done gradually or they can go into shock.

If your dog has collapsed, call a vet immediately as they may advise attending as a matter of emergency rather than starting treatment yourself. In milder cases, you can follow these first aid steps to start lowering your dog's temperature:



**MOVE THE DOG TO A SHADED AND COOL AREA.**



**IMMEDIATELY START POURING SMALL AMOUNTS OF ROOM TEMPERATURE (NOT COLD) WATER ONTO THE DOG'S BODY (COLD WATER MAY CAUSE SHOCK). IF POSSIBLE, YOU CAN ALSO USE WET TOWELS OR PLACE THE DOG IN THE BREEZE OF A FAN. IF USING WET TOWELS, BE SURE TO RE-APPLY WATER REGULARLY AND NOT TO KEEP THE DOG CONSTANTLY COVERED – SOMETIMES THIS CAN ACTUALLY HEAT THEM UP INSTEAD OF COOLING THEM DOWN.**



**ALLOW THE DOG TO DRINK SMALL AMOUNTS OF ROOM TEMPERATURE WATER.**



**CONTINUE TO POUR SMALL AMOUNTS OF ROOM TEMPERATURE WATER ONTO THE DOG UNTIL THEIR BREATHING STARTS TO SETTLE BUT NOT SO MUCH THAT THEY START TO SHIVER.**



**ONCE THE DOG IS STARTING TO GET COOLER AND THEIR BREATHING IS SETTling DOWN, CALL THE NEAREST VETERINARY SURGERY SO THEY CAN BE CHECKED OVER.**

# IF YOU SEE A DOG IN DISTRESS IN A HOT CAR

**DIAL  
999**



# DOGS DIE IN HOT CARS

## IF YOU SEE A DOG IN DISTRESS IN A HOT CAR

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# SUMMER DOG CARE

If you're planning to be out and about with your dog this summer – here is our handy guide to making sure your dog stays happy and healthy.

- Walk your dog in the early morning or late in the evening when temperatures are cooler so they will be at reduced risk of heatstroke – be particularly careful if your dog is unfit, obese or suffers from breathing difficulties.
- 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 for your hand, it's too hot for your dog's paws.
- 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 kennels, or choose a dog friendly alternative attraction.
- Make sure your dog has access to shade and plenty of fresh water throughout the day.
- 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.
- Find dog friendly accommodation – 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 Boxers). Dogs with certain diseases or on some types of medication are also more prone to heatstroke.



# IF YOU SEE A DOG IN DISTRESS IN A HOT CAR

## FIVE SIGNS OF HEATSTROKE:

- 1 IS THE DOG PANTING HEAVILY?
- 2 IS THE DOG DROOLING EXCESSIVELY?
- 3 DOES THE DOG APPEAR LETHARGIC, DROWSY OR UNCOORDINATED?
- 4 IS THE DOG VOMITING?
- 5 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.



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