

Here are a few important tips to keep summer exercise fun and safe for your dog during the

# DOG DAYS OF SUMMER

As the days get hotter, it is important to adjust your routine to keep your best friend comfortable and cool. Simple adjustments can go a long way to help your pet survive the dog days of summer!



Save exercise for cooler times of day, like early morning or late evening.



Offer fresh water wherever you go. Add ice cubes for an extra chill.



If your pet has short, thin hair or white/pink skin, apply pet-friendly sunscreen.



Let your pet splash in a kiddie pool.



Make sure shade is always available (shade can't protect against extreme heat).



When in transit, plan ahead for pet-friendly stops, and never leave your pup in the car.

## PROTECT THE PAWS

Hot sand and pavement can lead to discomfort or even painful burns. Check the ground with the back of your hand. If the temperature is uncomfortable for you, it's best to take your favorite paws elsewhere. You can also protect their paws using dog shoes, socks, or sticky pads.

- Watch for signs of pain like limping, licking, or chewing the feet.
- Check pads for redness, blisters, or peeling.
- Consult your vet ASAP if you suspect a burn. For first aid, you can soak injured feet in lukewarm water, apply antibiotic cream to the pads, or prevent licking with gauze, a sock, or a cone collar.

## RECOGNIZE AND RESPOND TO HEAT STROKE

Sun, heat, humidity, and exercise can make any dog susceptible to heat stroke. Northern breeds and pups with pug noses are particularly susceptible to overheating. To protect your pup, know the signs of heat stroke.

- Excessive panting or drooling.
- Vomiting.
- Dry gums or changes in gum color.
- Disorientation, seizures, or unconsciousness.
- If you suspect heat stroke, bathe or drench your pet in tepid water, place them in front of a fan, and get to an emergency vet ASAP.



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