



# Healthy Pet Tips

## Give pets the coolest summer ever!

*When the summer heat and humidity start to rise, it's important to understand how pets are affected by the spike in temperature and take the necessary precautions to keep them cool and comfortable.*

### **H2O is a Pet's Best Friend**

Unlike humans, dogs and cats have few sweat glands, hindering them from cooling off by sweating. Instead, they lose heat and moisture from their tongues by panting. This water loss needs to be replaced, so it's important to keep fresh drinking water available at all times, especially when you take your pets out for long summer walks or car rides.

### **Don't Park Your Pet**

Never leave your pet alone in a parked car—not even for a few minutes, not even with the windows cracked open. The air in a parked car doesn't circulate and, even in the shade, the temperature in a vehicle will start to rise and become life-threatening in just a few minutes.

### **Rules for Pools**

Having fun in the pool is a great summertime tradition. But you should always be cautious when your pets are in or around the water, especially if they're older and can't get in and out as easily as they used to. It's a good idea to install ramps to allow pets of all ages an easy escape from an accidental fall into the pool.



### **Block That Sun**

It may be surprising to learn that pets with light-colored skin and hair can get sunburned. In fact, extensive time in the sun can even result in skin cancer. If your pet will be spending a long time outside on a hot, sunny day, talk to your veterinarian about using specially developed pet sun block on unprotected areas like the nose and ears.

### **High Noon is No Time for Exercising**

If you're used to taking your dog for a walk during midday, it's a good idea to change your summer walking schedule to early morning or late afternoon with fresh water always at hand. Hot pavement can burn a dog's paw pads, and walking outdoors during the hottest time of day can lead to heat stress. After the summer is over, feel free to return to your usual schedule.

### **Bug Off!**

Warm weather, longer days and summer fun keep us and our pets outdoors more often, increasing our chances of getting bitten by pesky fleas and mosquitoes. These bugs can transmit a number of diseases including tapeworm, heartworm and even West Nile Virus. During the summer months, be sure your dog or cat is tested for heartworm and that you're using veterinarian-recommended flea and heartworm preventive products.

*Including your pets in your summer activities is healthy fun for everyone. Remember to follow these safety tips so you can give your pets the coolest summer fun ever!*

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