

# HEAT STROKE

How to identify heat stroke in your pet and what to do.

## What causes heatstroke?

Confined space  
Little ventilation  
No water/dehydration  
High humidity  
Stress and over activity

## What are the signs of heat stroke?

- Lethargy, uncoordinated movements, staggering, and weakness
- Uncontrollable and loud panting
- Gums and tongue initially bright red
- Foaming at the mouth or "bubbles"
- Rapid heart beat
- Vomiting
- Internal body temperature of 103° or above

## What should I do if I suspect a pet to be overheated?

- Restrain and separate from other animals
- Bathe or hose with COOL water (not cold)
- Get them in a cool ventilated environment ASAP
- Wrap in a damp sheet and continue to cool pet until they stop panting
- Monitor temperature to ensure it is dropping
  - Important to know how high their temperature was to begin with*
- Contact vet and transport as directed or warranted
- Setup fan behind pet and brush hair against the grain to help cool hair follicles
- Pet will generally NOT drink water once they are in heat stroke

## Supplies every boarding facility should have...

- Outside thermometers with humidity reading
- Fast digital rectal thermometers
- Access to plenty of fresh water
  - If an outside hose is used, note the temperature of the water coming out*
- Instant ice packs or frozen ice packs
  - Be sure to wrap in towel(s)*
- Dehumidifiers are good for very humid environments
- Kiddie pools as cooling pads, may or may not be suitable for some facilities

## Dogs Cool Themselves by Panting

Short-nosed breeds are more susceptible to overheating such as Bulldogs, Pugs, Boston Terriers, Mastiffs, etc.



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