

## Heatstroke in Dogs

Heatstroke occurs when the body's normal cooling mechanisms cannot keep the temperature within the normal range. Since dogs cannot sweat (like humans), they can become overheated easily. Dogs have variable tolerance to heat stress, even minor heat exposure can be life threatening depending on the patient. Brachycephalic breeds such as Bulldogs, Pugs, Boxers, etc. are more predisposed to heatstroke.

### Signs of heatstroke:

- Rapid, uncontrolled panting
- Bright red tongue
- Lethargy/Depression
- Wobbly gait
- Weakness
- Vomiting and/or diarrhea
- Shock
- Neurologic signs – seizures

### What you should do:

Remove the dog from the hot area immediately or stop exercise. You can try and decrease the body temperature by cooling with lukewarm water, and increase air movement with a fan if possible. **CAUTION:** Using water that is very cold can actually make things worse by causing the temperature to drop too quickly or get too low and can cause additional life-threatening issues.

Cooling measures should be stopped when the body temperature reaches 103. Even if your dog seems to be recovering, they should be seen by a veterinarian to evaluate for dehydration and other complications.

Allow free access to water if they will drink, but do not try and force them to drink.

### What your veterinarian will do:

Initially your dog's temperature will be lowered to a safe range. IV fluids as well as oxygen may be given. Bloodwork will be checked and monitored closely during treatment, as complications such as liver or kidney failure, blood clotting abnormalities, and low blood sugar can be common.

**With aggressive and appropriate care, many cases of heat stroke can do well and recover completely!**

# CAR TEMPERATURE PET SAFETY CHART

How long does it take  
for a car to get HOT?

Outside Temp (F)	Inside Temp (F)	
	10mins	30mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

**DOGS DIE EVERY SUMMER**  
In minutes your  
car temps are deadly!



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## Prevention:

- Keep pets with predisposing conditions (heart disease, older age, breathing problems, dark colored coats, obesity, etc) cool and in the shade.
- **Provide** access to water at all times.
- On hot days, **restrict exercise** during the hottest part of the day (hiking, running, doing the incline should be avoided).
- **Do not** leave your pet in a parked car, even if you are parked in the shade.
- **Avoid** places where heat is reflected and there is no shade (concrete, asphalt, etc.).
- Outside dogs should have **access to shade** at all times.