

# Keep Rover cool in heat of summer

[A abqjournal.com/main/215419/living/keep-rover-cool-in-heat-of-summer.html](http://abqjournal.com/main/215419/living/keep-rover-cool-in-heat-of-summer.html)

Stephanie Earls / The Gazette (Colorado Springs, Colo.)

When the temperatures top out, the two-legged have a multitude of options to beat the heat. Without our assistance, dogs usually have just one – panting.

In extreme heat scenarios, such as the interior of a car, panting can just exacerbate dehydration. And when it's 80 degrees outside, the inside of a car can reach 125 degrees very quickly, even with the windows left open. Each summer, People for the Ethical Treatment of Animals receives dozens of reports of dogs who've died after being left in hot autos by naive or careless pet owners.

"Basically, don't take your dog out if you don't have to, unless you're not stopping anywhere, not even for five minutes," said Amanda Fairchild, a certified veterinary technician in Colorado Springs, Colo.

Dogs already have a much higher body temperature than humans. And there's all that fur.

## Heat tips

The city's Animal Welfare Department has additional hot weather tips and information on what to do if your pet suffers heatstroke. Go to [cabq.gov/pets](http://cabq.gov/pets) and click on "education & resources."

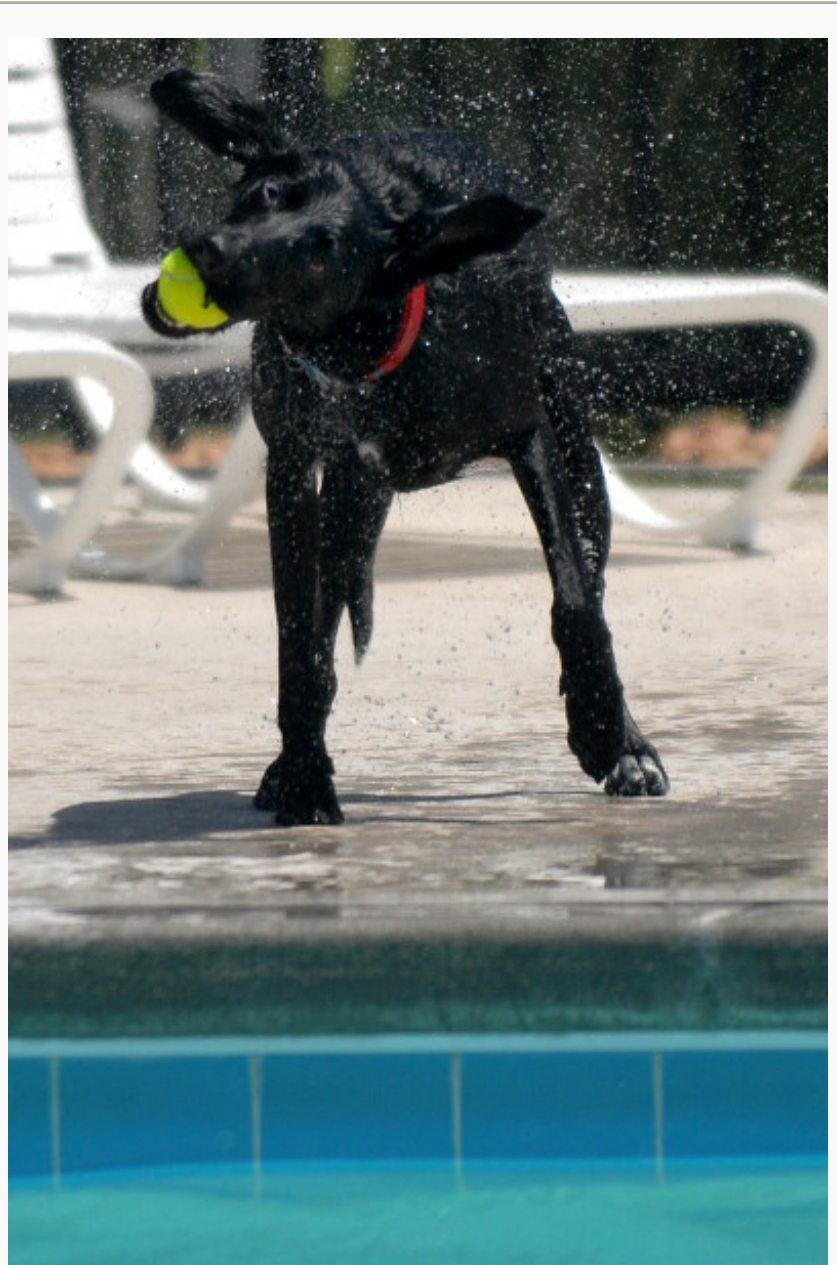
"Dogs can overheat, literally, within just a few minutes when it's this hot out and they're in an enclosed space like that," Fairchild said.

Signs that your dog may be overheating include heavy panting, lethargy and restlessness.

"Restlessness can be a sign that they're in extreme discomfort," Fairchild said.

She offered these tips for keeping pooches happy and healthy throughout the summer:

- Carry a doggie "emergency kit" when you travel by car, including a Tupperware dish freshly filled with ice water and a towel that can be soaked and applied to the dog's back, stomach or neck if overheating occurs.



JOURNAL FILESummer can be hard on pets, particularly dogs with dark or heavy coats. Fortunately, summer is also a time for pools that we can share with our canine friends.

- Owners of larger and thick-furred breeds should consider crating their pets inside for the hottest portions of the day or adding a freshly filled non-inflatable children's swimming pool to the dog's summer habitat. That way, Fido can cool off at his leisure.

◇ Paw pads are not shoes. Some people think that the pads on a dog's paws are like shoes, but they're not. Sidewalks and streets become extremely hot in the summer, and while a dog's paws are tougher than human feet, they can still get burned by hot pavement. Keep your dog on the grass in extreme heat to keep his paws intact.

- Prevent sunburn. Believe it or not, dogs can get sunburned, too. Hairless and light-skinned dogs have a greater chance of getting burnt. Make sure to put dog-safe sunscreen on your pup if he's going to be outside in the sun.

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### **Suggested Reading:**

- [Drought, heat, fires drain fun in summer](#)
  - [For Fourth of July, keep Fido cool, free from noise](#)
  - [Boston Runners Face Heat](#)
  - [All-time heat in Santa Fe](#)
  - [Rover won't be lonely with new TV channel](#)
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