

# Summer Safety



## Keeping Your Dog Safe in the Heat

*A Comprehensive Guide for Dog Owners*

Heat and humidity can be incredibly dangerous for dogs, quickly leading to serious health issues like heatstroke. This guide will help you understand the risks and take the right steps to keep your furry friend safe and comfortable when temperatures rise.

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## Temperature & Activity Guidelines

Use this chart to determine safe outdoor times and activities based on the temperature. These are general guidelines—adjust for your dog's breed, health, and comfort level.

Temp (°F)	Risk Level	Safe Time Outside	What You Should Do
Below 75°F	Safe	30–60+ minutes	Walk, train, and play freely. Monitor for fatigue or thirst.
75–85°F	Mild heat risk	15–30 minutes	Walk early morning or late evening. Provide water, take breaks, avoid midday sun.
85–90°F	High risk	5–15 minutes (with shade + water)	Limit activity. Avoid hot asphalt. Watch closely for signs of overheating.

90–100 °F	Dangerous	Max 5 minutes (potty only)	Go out only early or late. No training. Focus on indoor enrichment.
100°F+	<b>Extreme Danger</b>	Avoid outdoor time	Stay indoors. Potty breaks only. Use indoor training or games for stimulation.

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## Humidity Levels & Risk to Dogs

For dogs, humidity becomes a concern above 50% and is dangerous above 70%, even if the air temperature seems mild.

Humidity %	Effect on Dogs	Risk Level
0–40%	Dogs can pant efficiently to cool down	Low Risk
40–50%	Slightly reduced cooling efficiency	Mild Risk
50–60%	Noticeable panting fatigue during activity	Moderate Risk
60–70%	Cooling by panting becomes difficult	High Risk
70%+	Dangerously limited heat dissipation; risk of heatstroke	Very High / Extreme Risk

### Why High Humidity Is Dangerous:

- Dogs cool off by evaporating moisture through panting.
- When the air is humid:
  - Evaporation slows down
  - The dog's core temperature rises faster

- Heatstroke becomes more likely—even at temps as low as 75–80°F

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### Extra Caution For:

- Flat-faced breeds (Bulldogs, Pugs, Boxers, etc.)
- Puppies
- Senior dogs (see chart below)
- Dogs with thick coats
- Overweight or health-compromised dogs

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### When Is Your Dog Considered a Senior?

A dog's senior age depends on their size. Use this chart to determine if your dog is in a higher-risk category.

<b>Dog Size</b>	<b>Senior Age Range</b>
Small breeds (<20 lbs)	8–11 years old
Medium breeds (20–50 lbs)	7–10 years old
Large breeds (50–90 lbs)	6–9 years old
Giant breeds (90+ lbs)	5–8 years old

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## **Pavement Warning: Protect Those Paws!**

- If you can't hold the back of your hand on the pavement for 5 seconds, it's too hot for your dog's paws.
  - Asphalt can burn paws even at 85°F.
  - Stick to grass or shaded paths during hot weather.
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## **Signs of Overheating: Act Fast!**

Your dog may be in danger if you notice:

- Excessive panting or labored breathing
- Thick drool or ropey saliva
- Bright red or pale gums
- Weakness or collapse
- Vomiting or diarrhea
- Disorientation or wobbling

### **If you see these signs:**

Move your dog to a cooler area immediately. Wet their belly, armpits, and groin with cool (not ice cold) water. Offer small sips of water and contact your vet right away.

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## **Additional Tips to Keep Your Dog Safe**

- Always provide fresh, cool water—indoors and outdoors.
- Never leave your dog in a parked car, even briefly.
- Monitor for changes in breathing, thirst, or energy.
- Don't shave double-coated breeds—regular brushing is safer.
- Offer frozen treats like Kongs filled with plain yogurt or pumpkin.
- Use cooling gear like vests, mats, or bandanas—especially for high-risk breeds.

