

FRIDGE CHEAT SHEET

Heatwaves – how to protect your dog and cat

A summary of the Opatulo blog guide: opatulo.pl/blog. Your dog does not sweat like you – if you are hot, they are hotter.

PREVENTION

- Walks early in the morning and late in the evening; at midday only briefly, on grass, in the shade.
- The 7-second test: put your hand on the asphalt – can't hold it for 7 s? Neither can your dog's paws (asphalt reaches 60°C).
- Water and shade always available · no intense play or training during the day.
- A dog NEVER stays in the car – not even "for a moment", not even with the windows cracked open.
- A cat NEVER stays alone with a tilted window (tilted-window syndrome) – fit a net or a grille.

EARLY SIGNS OF OVERHEATING → react at once

- Panting far more intense than usual that rest does not calm · drooling.
- Strongly red gums and tongue · seeking shade, lying down on the ground.
- What to do: shade and airflow · cool (NOT ice-cold) water on the belly, groin, armpits and paws · small sips to drink.

HEATSTROKE – a life-threatening emergency

- Shallow fast breathing · dark red or bluish gums · wobbly gait · vomiting · seizures, loss of consciousness.
- 1. Shade / a cool room at once · 2. cool (not ice-cold) water on the belly and paws · 3. fan / draught · 4. small sips, never forced · 5. DRIVE TO THE VET.

THE MOST IMPORTANT RULE

- After overheating you always go to the vet – even if your pet seems better. Complications can arrive with a delay. Call on the way to let them know you are coming.