

# Crimson Hound Newsletter

July 2022

## KEEP YOUR DOG SAFE THIS SUMMER

### Don't leave your dog in the car!

- The inside of a car heats up very quickly, even on a moderately cool day.
- Leaving the windows open does not have a noticeable effect on the temperature inside the vehicle.
- Leaving the car running with the AC on is illegal in some places and leaves your dog vulnerable if your car is stolen.



YES



NO!!

### Two Ingredient Frozen Treats

2 cups Fruit (e.g., blueberries, strawberries, pumpkin, cantelope, watermelon, etc.)  
1 cup Plain Yogurt

1. Blend fruit to puree.
2. Mix fruit and yogurt together.
3. Pour into silicone ice cube molds or mini muffin tins.
4. Place in freezer for at least 1 hour.
5. Store in freezer bags or freezer-safe containers for up to 1 month.

### VEHICLE TEMPERATURE

outside F°	inside F°	
	10 mins	30 mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

### Can I shave my dog to keep him cool in the summer heat?

That depends. If you have a single-coated breed like a poodle, doodle or shih tzu, it is perfectly fine to give him a short summer cut. If you have a double-coated breed like a shepherd, husky or collie, you should never shave his coat. These dogs have an outer coat of stiffer guard hairs that cover a downy undercoat. These layers work together as insulation to help the dog control his internal temperature during every season. Shaving these dogs greatly hampers their ability to cool themselves.



CRIMSON HOUND, LLC

Kerrie Hoar, M. S., CCPDT-KA, IAABC-ADT, LFD, FFCP

[www.crimsonhound.com](http://www.crimsonhound.com)



# The Dangers of Heat Stroke



## Symptoms of Heat Stroke

**Be proactive! By the time symptoms of heat stroke are apparent, it can already be too late.**

- Excessive thirst
- Heavy panting
- Difficulty breathing
- Excessive drooling
- Lethargic
- Bright red tongue/gums\*
- Glassy eyes
- Elevated heart rate
- Fearful expression
- Confused/disoriented
- Wobbly/unsteady
- Vomiting
- Diarrhea
- Dark urine
- Collapses
- Seizures

\*If shock has set in, gums will be very pale in color.



## First Aid for Dogs in Distress

If you suspect that your dog may have heat stroke, act quickly:

1. Move the dog to a cool, shady area.
2. Pour cool (NOT cold) water over the dog's body (not his head). In an emergency, you can immerse the dog's body in cool water (keeping his head above the surface).
3. Do NOT cover the dog with wet towels as this traps the heat.
4. Give the dog small amount of water to drink.
5. Once the dog has cooled down, get him to a veterinarian as soon as possible.

**Who is at risk?**  
Puppies Seniors  
Overweight dogs

Short-nosed dogs like:

Pekinese  
Cavalier King Charles spaniel  
Pug  
Boxer  
French bulldog  
Shih tzu  
Boston terrier

## How to Prevent Heat Stroke

### DO

- DO schedule walks and other outside activities for early morning or late evening
- DO provide lots of clean, fresh water
- DO provide cool surfaces and lots of shade
- DO limit time outside
- DO avoid sidewalks and asphalt
- DO restrict rigorous exercise
- DO brush your dog regularly to remove excess hair

### DON'T

- DON'T schedule walks and other outside activities for mid-day - especially in direct sun
- DON'T leave your dog in a parked car
- DON'T shave double-coated dogs
- DON'T rely on a fan alone to cool your dog

