

Signs of Heat Stroke and What To Do

One precaution that is always important to take is to be aware of the signs and symptoms of heat stroke so that if it happens you are ready. Here are some things to look out for:

For Dogs

- Heavy panting
- Disorientation
- Excessive drooling
- Body temperature over 103 degrees
- Reddened gums
- Irregular heart beats
- Vomiting blood
- Blood in stool
- Black and tarry stool
- Seizures
- Muscle tremors
- Unconsciousness

For Cats

- Fast pulse and breathing
- Redness on tongue and mouth
- Vomitting
- Lethargy
- Stumbling
- Rectal temperature is over 105 degrees F



If you do notice any of these symptoms in your pet you can do the following to help start bringing their temperatures back down before seeking immediate veterinarian care:

- Soak some towels in lukewarm water and wrap your pet in them. It does seem counter intuitive but using hot or cold water would be too drastic of temperature change.
- Place your pet in front of a fan.
- Use cotton balls to rub rubbing alcohol onto the bottom of their paws and abdomen.
- Place your pet in a tub with cool (not cold) water and cover them.
- Massage their legs to help with circulation and reduce the risk of shock. Be careful to keep their head up to prevent aspiration pneumonia.
- Use cold packs or frozen vegetables on their head.



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