# Heat and Pets: Heatstroke and Heat Exhaustion

## Heat Stroke

### Symptoms
- Excessive panting and/or Vomiting
- Muscle twitching
- Anxious or dazed appearance
- Weakness
- Uncoordinated movements and muscle weakness (inability to stand/perch, or staggering)
- Difficulty urinating

### Conditions
- Temperature of over 104 degree
- Increased drooling
- Gums that are pale or bluish
- Rapid or irregular heartbeat
- Diarrhea/bloody stool, Black or tar-like stool
- For lizards and birds: Stiffness, discolored skin or tongue, rigidity, lethargy, and loss of appetite
- Muscle tremors/seizures/collapse

### What to do
- Get your pet to a vet or pet hospital as soon as possible.
- While waiting for a ride:
  - DO NOT put pet in an ice bath – DO put lukewarm cloths or towels on back of their neck, on their head, and under their armpits.
  - DO put your pet in front of a fan
  - DO get your pet out of sun as soon as possible.

## Heat Exhaustion/Stress

### Symptoms
- Slowing down
- Reluctance to walk or run, tiredness
- wanting to stop
- Looking for shade
- Seeking water to drink (puddles, hoses, taps)
- Excessively thirsty
- Grimacing
- Anxiety
- Dizziness/glazed eyes
- Lack of coordination/lack of balance
- Attempting to stick head/nose out an open window

### Conditions
- Rapid/excessive panting, difficulty breathing
- Drooling, thick or “ropy” saliva
- Body feels hot to the touch
- Bright red gums, dark tongue
- Low skin elasticity — an indication of dehydration

### What to do
- STOP, do not push your pet any further.
- DO get your pet out of the sun and into the shade
- DO offer water to your pet
- DO use (lukewarm) water or wet towels to cool pet down
- DO put your pet in front of a fan.
- Take your pet to a vet or pet hospital if symptoms persist or get worse.