



YOUR CAT'S HEALTH, OUR PASSION • VOLUME 8, ISSUE 7 • JULY 2016 NEWSLETTER

## KEEP YOUR KITTY COOL—AND SAFE—IN THE SUMMER HEAT

Summer is here and it's a hot one—we've already seen many days with temperatures soaring above 100 degrees.

During the hot months, it's important to pay close attention to your feline family member. Cats are not well equipped to handle extreme summer temperatures, as they do not sweat, and they're at high risk for heatstroke.

In your home, it's important to turn on fans or air conditioners so your pet has a cool, comfortable place to relax. Closing shades and curtains will minimize direct sunlight and help keep temperatures lower.

Offer your kitty plenty of fresh, cool water in multiple locations. This will help prevent dehydration while helping your pet regulate their body temperature. Change the water often, and consider adding ice cubes to water bowls to keep it cooler for longer periods.

If you have an outdoor kitty, he or she needs plenty of shade. Pets can get sunburned too, so make sure there's a garage,

tree, carport, or other shade structure for escaping the hot sun. Overhead water misting systems will keep shaded areas even cooler. On extremely hot days, it's best to keep your pet inside.

Never leave your pet in a car, even for just a few minutes, even on a mild day. Opening the windows is not enough to prevent heatstroke. A car can quickly become an oven, reaching temperatures as high as 160 degrees in just minutes. Please leave your pet at home if they can't join you when you reach your destination.

It's important to know the signs of heatstroke (hyperthermia), which can be deadly. Symptoms include:

- Rapid panting
- A bright red tongue or gums
- Salivating and/or vomiting
- Sweaty paws
- Increased heartbeat, rapid pulse
- Respiratory distress
- Weakness, lethargy, disorientation, or unresponsiveness
- Stumbling, staggering, or collapse
- Seizures or coma

If your pet exhibits signs of heatstroke, take emergency action. Move your pet to a cool place and cover him or her with towels soaked in cool (not cold) water. Be careful not to cover your pet's nose and mouth with the towels. If your pet is conscious, try to get him or her to drink some cool water (use a syringe if needed, slowly syringing from the side of the mouth). Then immediately call us so we can walk you through additional steps to continue safely lowering your pet's body temperature.

Once these initial steps have been taken, immediately bring your pet to our office. Your veterinarian will typically place an IV line to continue lowering the body temperature with cool intravenous fluids. The fluids will also help counteract the harmful effects of high body temperature, which can include shock and organ damage. Your kitty may receive oxygen, and blood and urine samples may be taken to check for possible medical complications.

To help ensure that your furry family member stays safe and comfortable all summer long, it's important to be aware of his or her condition on sweltering summer days. Any pet who cannot cool off is at risk for heatstroke.



## JULY SPECIAL OFFER FOR OUR READERS

Through July 31, **microchip your kitty for just \$39.50—that's a \$25 discount off the regular price of \$64.50!**

Please stop by our front desk for more information.



**Don't miss an issue of our newsletter! Sign up to receive each month's issue by email. To subscribe, just go to [www.sacramentocathospital.com](http://www.sacramentocathospital.com), or speak with one of our team members.**

**Sacramento Cat Hospital • 4115 Manzanita Avenue, Carmichael • (916) 488-4161 • [info@sacramentocathospital.com](mailto:info@sacramentocathospital.com)  
Facebook: [www.facebook.com/SacramentoCatHospital](http://www.facebook.com/SacramentoCatHospital)**