



MEDIA CONTACT:

Nina Thompson
619-372-0916 cell
nthompson@sdhumane.org

**FOR IMMEDIATE RELEASE
MAY 26, 2023**

National Heat Awareness Day is May 26: How to Keep Your Pets Safe
Pet owners reminded about risks of animals overheating during warmer months of year

SAN DIEGO — While we're in the middle of May gray, hotter days are just around the corner. In honor of National Heat Awareness Day on May 26, San Diego Humane Society is sharing important reminders for pet owners about how to keep their animals safe when it is hot outside. Too often the organization witnesses animals who are without shelter from the sun, exercised too hard in the heat, or left in cars that can become fatally hot in minutes. In 2022 alone, San Diego Humane Society's Humane Law Enforcement responded to more than 400 calls about animals trapped inside cars on hot days.

“As pet owners, it is our responsibility to make sure our animals stay safe and have a cool place to rest when it is hot outside,” said Dr. Gary Weitzman, president and CEO of San Diego Humane Society. “Don't take them with you, unless you can ensure that they will be safe and won't overheat while you are out.”



10 Tips to Keep Animals Safe During Hot Weather:

1. Always provide plenty of cool, clean water for your animal.
2. Leave your pets at home as much as possible. You may think they'll be lonely, but they'll be much more comfortable in your cool home than outside on hot pavement or riding in a hot car.
3. If you must take your pet along for the ride, **NEVER** leave your pet alone in a parked vehicle. If the temperature outside is 80 degrees, the temperature inside your car will quickly climb to 120 degrees – even with the windows down! Tragically, this can become fatal for pets quickly, and it's a situation that's fully preventable.
4. If you see a pet inside a parked car on a hot day and they appear to be struggling, please call San Diego Humane Society at 619-299-7012 (press 1 for Dispatch) or your local law enforcement agency for assistance.
5. Dogs' paws are sensitive. If you let them stand on hot pavement, their paws can burn in as quickly as 7 seconds. If the temperature is in the upper 80s, the pavement can be 150 degrees. Bring along a towel or blanket for your dog to rest on, giving their pads a break from the heat. Be sure to allow for plenty of breaks and find shady spots to cool off.
6. Never force your animal to exercise in hot, humid weather. Exercise your pet in the cool of the early morning or evening. And please, never run your dog next to a bike during the heat. In addition to the hot air, the hot pavement increases the risk for heat stroke.



7. Signs of heat stroke include: heavy panting, glazed eyes, a rapid pulse, unsteadiness, a staggering gait, vomiting, or a deep red tongue. If you believe your pet is suffering from heat exhaustion, contact your veterinarian right away — it could save your pet's life.
8. Animals can get sunburned too — don't forget to protect hairless and light-coated animals with sunscreen.
9. Always provide plenty of shade for an animal staying outside the house. Bring your pet inside during the heat of the day and let them rest in a cool part of your house. If you take your dog to the beach or park, make sure you can provide a shaded spot for resting.
10. Livestock need a reprieve from the sun and heat too. Always provide ample shade and a continuous supply of cool, clean water. Water is very important, allowing animals' bodies to cool off and stay cool

For more heat safety tips, please check our website: sdhumane.org/staycool.

Photos/b-roll/graphics for media use can be downloaded here: <https://bit.ly/3VNAkIn>

About San Diego Humane Society

San Diego Humane Society's scope of social responsibility goes beyond adopting animals. We offer programs that strengthen the human-animal bond, prevent cruelty and neglect, provide medical care, educate the community and serve as a safety net for all pet families. Serving San Diego County since 1880, San Diego Humane Society has campuses in El Cajon, Escondido, Oceanside, Ramona and San Diego. For more information, visit sdhumane.org. Follow the SDHS Media Relations department on [Twitter @sdhumane](https://twitter.com/sdhumane).

###