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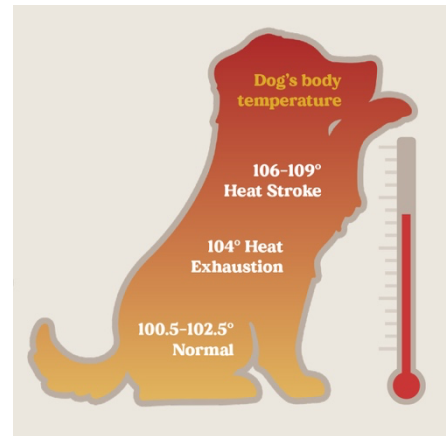
**FOR IMMEDIATE RELEASE**  
**AUG. 20, 2025**

## San Diego Humane Society Urges Pet Owners to Protect Animals During Heat Wave

**SAN DIEGO** — With excessive heat forecasted across San Diego County this week, San Diego Humane Society is reminding pet owners to take extra precautions to keep their animals safe. Heat can be dangerous — even deadly — for pets, but simple steps can prevent emergencies.

### Top Safety Tips:

1. **Always provide plenty of cool, clean water.**
2. **Leave your pets at home in a cool space when possible.** Use fans or air conditioning to keep indoor spaces comfortable.
3. **Never leave your pet in a parked vehicle.** Even with the windows open, a parked car can become deadly within minutes.
4. **Be mindful of hot asphalt and keep walks to a minimum.** If you can't hold your hand on it for 7 seconds, it's too hot for paws.
5. **Avoid exercising your pet in hot, humid weather.** Walk your pet in the cool early morning or evening. Never take a dog running when it is hot outside.
6. **Remember dogs can get sunburned too!** Protect hairless and light-coated dogs with sunscreen.
7. **Always provide plenty of shade.** Bring your pet inside during the heat of the day and let them rest in a cool part of your house.
8. **Keep your pet well groomed.** A clean coat can help to prevent skin problems from the sun and heat.
9. **Do not leave pets unsupervised around a pool.**
10. **Be alert for the signs of heat stress:** 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.



***If you see an animal trapped in a hot car, call San Diego Humane Society at 619-299-7012 (press 1 for Dispatch) or your local law enforcement agency for assistance.***

For additional pet heat safety resources, including shareable graphics and FAQs visit [sdhumane.org/heatsafety](https://sdhumane.org/heatsafety).

**Photos/b-roll/heat safety graphics for media use can be downloaded here:**

**<https://spaces.hightail.com/space/CuIM8KDWTM>**

**Photo/video credit: San Diego Humane Society**

### 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, please visit [sdhumane.org](https://sdhumane.org).