



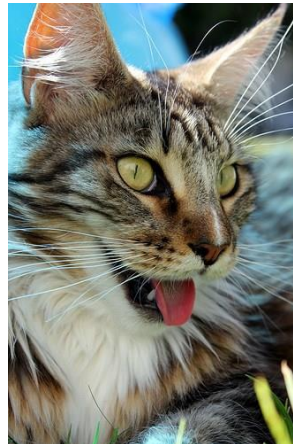
# HOT SUMMER DAYS WHAT TO DO TO COOL DOWN YOUR CAT

## FEW FACTS TO REMEMBER:

- CATS do not sweat! It is very hard for them to keep cool when the temperature are rising.
- When temperature outside reach dangerous levels, the temperature inside the house will too, if you do not have an air conditioner.
- If you have outdoor cats, bring them indoor if a **HEAT ADVISORY** is issued.
- Normal Temperature for a cat is between 100.5 F to 101.5 F (kittens are slightly warmer).  
**Moderate Heatstroke** is when the cat's body temperature is 104 to 106 F.  
**Severe Heatstroke** is over 106 F – **POTENTIALLY LIFE THREATENING!!**

## SIGNS OF HEATSTROKE:

- Rapid breathing and panting
- Lethargy
- Vomiting
- Bright pink ears, bright red tongue
- Brick red or blue-purple gums
- Thick sticky saliva
- Confusion
- Weakness and inability to stand,
- Shaking and tremors
- Paws and ears hot to the touch



## WHAT TO DO DURING THOSE HOT SUMMER DAYS?

- If you do not have A/C, make sure to place a fan at floor level in the room where your cat spends most of his time. He will have a chance to lay on the floor and get some air.
- Allow your cat to be sedentary during hot days. Don't try to chase him or play with him.
- If he is too hot or panting, grab a washcloth, pour some cold water on it and gently rub the cat, especially rub the paws. Make sure they are cool to the touch and not warm.
- Give them plenty of fresh water with added ice. The ice cubes can be flavored with tuna water or chicken broth to increase their intake of water during hot summer days!
- If you have a cat outside and you cannot bring him inside, make sure he has plenty of shaded areas.
- Brush your cat daily to get rid of the extra fur.
- Create a **COOL** retreat. Cats will seek out places to stay cool. You can help by creating a cool indoor retreat for them. Place a cardboard box on its side inside the closet or a quiet place in the house. Line it with a cotton towel. You can put an ice pack inside a sock and put it under the towel.
- **DON'T EVER LEAVE YOUR CAT IN THE CAR – NOT EVEN FOR A SECOND !!**

- If you have a white cat or a cat with very pale coat, and he likes to sit by the window and get the sun, make sure to put some **PET SUNSCREEN** on the ears and nose. Better keep white-faced cats indoor during the heat of the afternoon. Same for '**pointed**' cats such as Siamese longhaired or shorthaired varieties, Birmans with cream or apricot ears...they are all prone to sunburned ears.
- **PERSIAN** cats or any others with flat faces are more susceptible to heatstroke because they cannot pant very easily.
- **DO** let your cat choose a cool place to lie down. Cats naturally gravitate towards tile floor or a fan in the summer... they know which spot is better for them.
- If you need to take your cat to the vet or other locations, make sure that he is shaded in the car. Put a light covering over the top of the carrier to provide a bit of shade so that the cat is not sitting in direct sunlight.
- **DON'T** worry if your cat is sleepy during the day. They will sleep more during hot days in order to keep cooler.
- **DON'T** worry if it seems that he is grooming himself more than usual. It is a cooling mechanism almost like sweating.

**SPECIAL NOTE – SENIOR CATS – SENIOR CATS HAVE SPECIAL HYDRATION NEEDS.**



Very important to keep Senior cats hydrated. A lot of the senior cats have compromised or failing kidney and thyroid functions. Older cats will lay and not move or get up to drink. Every couple hours, take the water dish to them and entice them to drink.

**IF YOU SUSPECT THAT YOUR CAT IS SUFFERING FROM HEATSTROKE:**

- Place your cat on a cool surface right away, such as tiled floor or kitchen counter.
- Place a fan nearby and turn it on so that it is blowing on him to remove some of the heat,
- Further lower his body temperature **GENTLY** by rubbing a cold wet cloth to his fur and paws.
- Be careful, though, **NOT TO LOWER THE TEMPERATURE TOO FAST**, that it could actually cause hypothermia.
- **CALL YOUR VET IMMEDIATELY!!**

