



## Operation Kindness Reminds Pet Owners to Keep Furry Friends Cool During the Summer Season

*Avoid Heat Exhaustion with Simple but Effective Tips to Keep Dogs and Cats Safe*

CARROLTON, TX (Aug. 16, 2021) — While the summer months bring warmer weather and the perfect opportunity to enjoy the outdoors, [Operation Kindness](#) would like to remind pet owners that if it is too hot outside for them, it is too hot for their pet. Exposure to higher temperatures for extended periods of time can cause heat exhaustion, which is dangerous to humans and animals alike. The leading lifesaving shelter in North Texas is advocating on behalf of animals everywhere by providing families with helpful tips to protect their beloved pets and fully enjoy summer pastimes.

"It's fun enjoying the outdoors when the weather is warm and sunny, and sometimes families want to include their pets in their summer activities," said Ed Jamison, CEO of Operation Kindness. "While we always encourage pet owners to enjoy the outdoors with their pets, their health and safety must be considered when it comes to high temperatures. If you are prepared and aware of potential summer heat dangers, you can have a safe, happy and healthy summer season."

Heat exhaustion is caused by overexposure to heat, which can lead to potentially fatal dehydration. Water is central to the well-being of all living things, and pets are no exception. When there isn't enough water intake, dogs and cats become dehydrated and might face symptoms that negatively affect their well-being. Heat exhaustion can also directly result from high humidity, preventing pets from exacting their usual cooling methods, such as panting or licking their coats.

Keeping furry friends cool during high temperatures is easy by following a few simple but effective tips.

- **Stay Hydrated:** Making sure pets have plenty of water reduces the risk of dehydration and accompanying symptoms. Water helps lower body temperature and supports the processes of internal organs. Keep plenty of full water bowls around the house and outside, and ensure they have access to safe drinking water when out on walks.
- **Avoid the Car:** While many pets might enjoy car rides, dogs and cats should not be left alone in a parked car without human supervision. The temperature inside vehicles can quickly rise as soon as the AC system is turned off, causing pets to become overheated. Even parking in the shade or rolling down the windows does not significantly lower car temperatures.
- **Play in Water:** Outdoor temperatures can feel miserable, but a great relief for pets is splashing around in the water. Whether they swim in the pool, visit a park fountain or lay in a kiddie pool, water acts as a coolant that can lower their internal temperature. The most important thing to remember when pets are around bodies of water is that they do require careful monitoring and should be wearing a lifejacket when appropriate. Lifejackets for dogs should always be worn around large bodies of water, including the lake, rivers and oceans; it can save a pet's life.
- **Walk during Cooler Weather:** Exercise is integral to pet's health and well-being, and while many like to get outdoors for some playtime, there are certain times a day that are hotter than others. Instead of walking a pet in the mid-afternoon, consider taking them out in the morning or later in the evening. Walks with shade are also a great way to keep body temperature down. Also, remember that if the pavement is too hot for bare human feet, it's too hot for pet paws.
- **Recognize Heat Exhaustion:** Part of being aware of pets' health is understanding what heat exhaustion might look like. While humans can also develop the condition, it looks different on

animals. Some obvious signs that pets are overheated include confusion, diarrhea, excessive panting, increased salivation, rapid breathing, vomiting and weakness. When pets look like they are experiencing any of these symptoms, they should immediately be taken inside and given cool water to lower their body temperature. Pet owners should also call their vet to see if they need to come in for treatment.

As a leader in the animal welfare space and an advocate for the wellness of all dogs and cats, Operation Kindness works with the community, businesses and organizations to provide resources, training, tips and lifesaving care to animals in need. Believing every animal deserves a second chance at an excellent quality of life, the nonprofit shelter envisions a world where the complexity of animal homelessness is addressed, and pets can overcome challenging obstacles until they're ready to be adopted. With over four decades of experience in animal care, Operation Kindness believes in compassion and kindness for all.

Learn more about Operation Kindness and it's lifesaving endeavors at <https://www.operationkindness.org/about/>. Find out more information about the shelter's [adopting](#), [fostering](#) and [volunteering](#) opportunities.

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### **About Operation Kindness**

Founded in 1976, Operation Kindness is a pioneer in North Texas for providing assistance to animals in need of medical care, companionship, and most of all, a home. In addition to pet adoptions, Operation Kindness provides extensive medical care for homeless animals, a foster program, a pet food pantry, a surrender prevention program, education to pet parents and volunteer opportunities. To learn more about Operation Kindness, please visit their website at [www.OperationKindness.org](http://www.OperationKindness.org).

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