









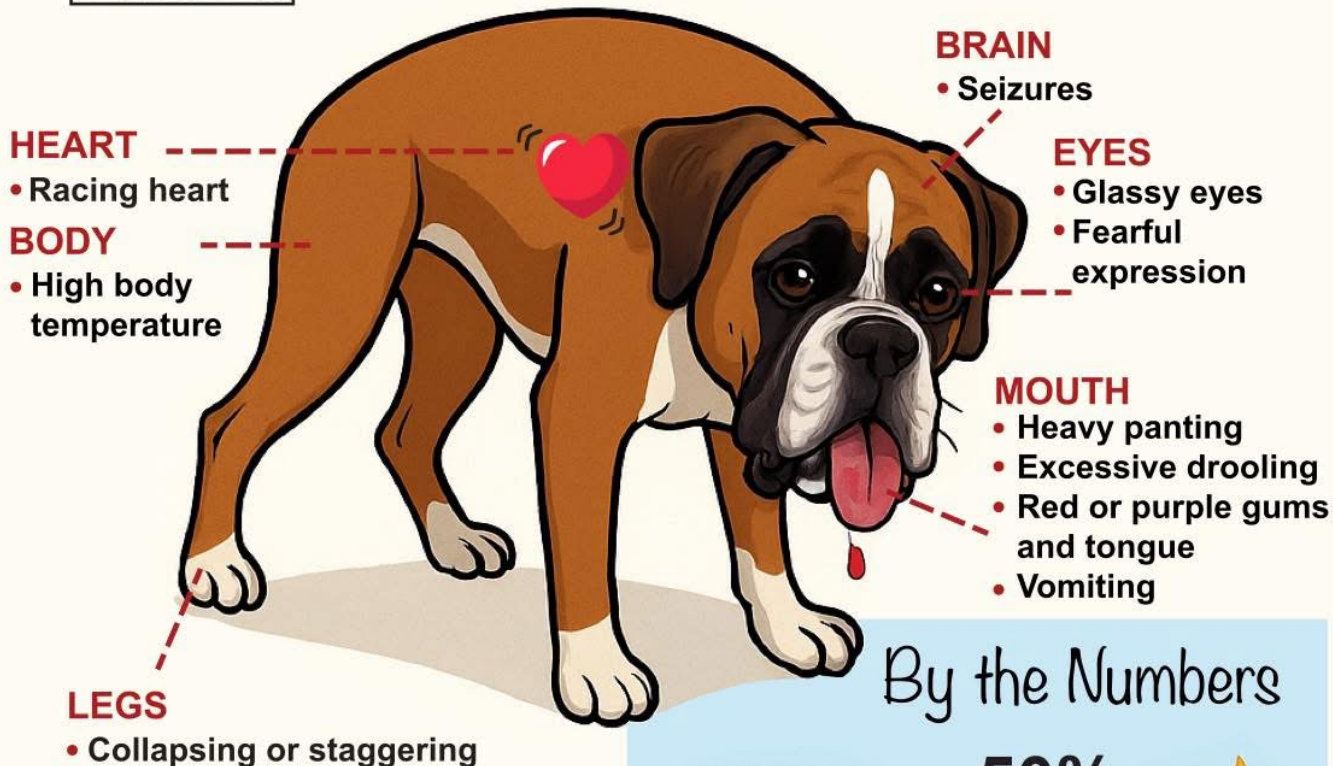
## How hot is too hot?

°C  °F				 KEY	OTHER FACTORS
15° 60°	1	1	1	1. No evidence of risk: Have fun outside!	+1 If obese
18° 65°	1	1	2		+1 If brachycephalic breed
21° 70°	2	2	3	2. Risk is unlikely: Have fun outside, but be careful!	+1 If less than 6 months old or elderly
23° 75°	3	3	3		-1 If area is shaded from sun
26° 80°	3	3	4	3. Unsafe potential, depending on breed. Keep an eye on your pet outdoors.	-1 If water is available
29° 85°	4	4	5		
32° 90°	5	5	5	4. Dangerous weather developing. Use caution.	
35° 95°	5	5	5		
37° 100°	5	5	5	5. Potentially life-threatening heat. Avoid prolonged outdoor activity.	
40° 105°	5	5	5		
43° 110°	5	5	5		



# HEAT STROKE

Know the Signs!



## How to keep your dog cool on hot days

- Restrict exercise
- Never leave in car, hot room or sun
- Ensure drinking water and a cool, shaded spot is always available
- Walk early in the morning or later in the evening
- Spray with water

## Steps to take if you're worried your dog has heat stroke

- Move somewhere cool
- Offer small amounts of tepid water
- Using wet towels, douse with cool (but never, ever cold) water
- Place in the breeze of a fan
- Contact your vet, or after hours, the nearest pet emergency clinic immediately

## By the Numbers



**3°**

This small increase in a dog's body temperature is all it takes for heat stroke to set in

**50%**

Average survival rate of dogs diagnosed with heat stroke



**60**

Amount of days it can take for dogs to acclimate to temperature changes



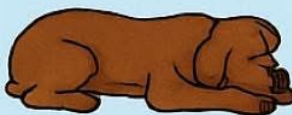
**101°**

Dog's normal body temperature



**15**

Minutes it can take for a dog to die of heat stroke



**109°**

At this body temperature, a dog's organs begin to fail

**6°**

Average temperature difference between white cars (cooler) and black cars after an hour in the sun





# BBQ & Picnic Dangers for Pets



## Guard the Grill

Tempting smells can lure pets too close, putting them at risk of burned paws or knocking over the grill. Rich, fatty foods can trigger pancreatitis, an inflammation of the pancreas that can be fatal.



## Choking & Blockage Risks

Corn cobs, bones, and fruit pits pose choking hazards and may cause intestinal blockages requiring emergency care. Secure trash cans to prevent pets from scavenging.



## Picnic Table Toxins

Barbecue and picnic staples like alcohol, grapes, raisins, onions, chocolate, and foods containing the artificial sweetener xylitol are toxic to pets — even in small amounts.



## Secure the Skewers

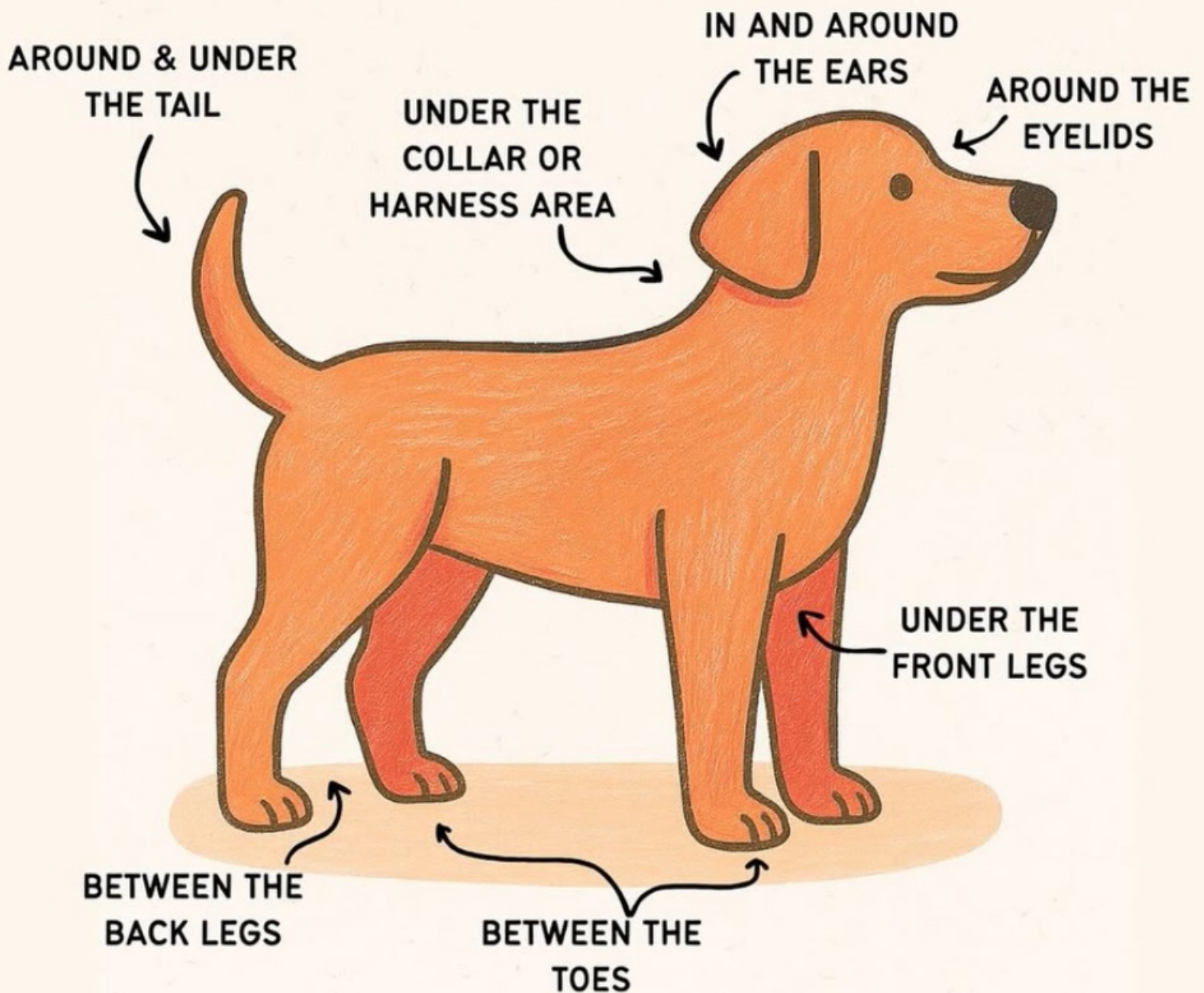
Skewers can pierce the esophagus or intestines and may migrate internally, leading to life-threatening injuries — sometimes days or even weeks after ingestion.

To access pet health resources and learn about upcoming events, visit [www.amcny.org/usdaninstitute](http://www.amcny.org/usdaninstitute)

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Animal Medical Center  
Usdan Institute for  
Animal Health Education

# WHERE TO CHECK YOUR DOG FOR TICKS?





# HOW TO ACTUALLY KEEP YOUR DOG SAFE ON THE TRAIL



## BEFORE YOUR HIKE

Is your dog ready?  
Are they fit enough?  
Are they well-behaved enough?

Know how much weight your dog can carry. Young, healthy dogs can carry 25% of their weight.

Get The Right Gear like dog booties for rocky terrain or snow.

## DURING YOUR HIKE

Keep your dog leashed.

Avoid shared trails with mountain bikers and horses.

Make sure they get enough calories for the amount of effort they exert.

Clean up after them. Either bag it or bury it.



## AFTER YOUR HIKE

Look for ticks, burrs, or anything else on your dog.

Give your dog a bath to get rid of anything on their fur.

<http://www.redrovercamping.com/hiking-with-dogs.html>  
Source: <http://www.redrovercamping.com/hiking-with-dogs.html>  
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# 10 Dog Friendly Plants For Your Garden



**Wheatgrass**  
Nibble safe & helps  
boost energy levels



**Lavender**  
Calming Aroma



**Rosemary**  
Calming Aroma



**Chamomile**  
Nibble safe,  
anxiety aid



**Sage**  
Nibble safe & full of  
vitamins



**Catnip**  
For some dogs, catnip  
can help with anxiety,  
improve sleep



**Peppermint**  
Nibble safe for  
fresh breath



**Sunflowers**  
Seeds are an excellent source  
of healthy fatty acids.  
(Remove shell)



**Thyme**  
Dogs enjoy the scent &  
it's great in fighting  
gingivitis when nibbled.



**Pansies**  
Nibble safe