

HEAT STROKE DANGERS FOR YOUR CAT

Though most cats, like people, love to lie in the sun, cats do not tolerate heat well. Unlike people, overheated cats can only sweat through their paws, pant and lick/groom more to help cool themselves down. Kittens, geriatric, short-nosed breeds, obese & cats with respiratory problems are more susceptible to heat stroke than others. Once a cat has suffered from heat stroke it is at a greater risk of getting it again.



What is Heat Stroke?

Heat stroke (hyperthermia) can occur when a cat is exposed to temperatures 104°F or above, causing an elevated body temperature. Heat stroke is an emergency condition requiring immediate attention.

Prevention

- Never leave your cat in a parked car.
- If you are travelling with your cat in the car, provide adequate ventilation.
- Provide outdoor cats access to cooler shaded areas to escape the sun and heat.
- Always ensure your cat has an adequate supply of fresh water, indoors & outdoors.
- Avoid strenuous activities on hot days.
- Keep your cat indoors during hot periods, with the air conditioning or a fan turned on.

Symptoms

- Rapid panting
- Bright red tongue
- Dark red gums or pale gums
- Salivating
- Weakness
- Anxiety
- Dizziness
- Muscle tremors
- Lethargy
- Vomiting (possibly with blood)
- Diarrhea (possibly with blood)
- Bleeding from the nose
- Rectal temperature of $\geq 103^{\circ}\text{F}$ (normal is 101.3°F)
- Collapse / Coma

Treatment

If you suspect your cat is suffering from heat stroke, you must cool it down immediately.

For mild heat stroke:

- Wrap cat in cool, wet towels
- Apply ice packs to the head
- Rubbing alcohol on paw pads can assist in bringing down body temperature
- Monitor rectal temperature every 5-10 minutes; stop cooling when normal
- Keep cat in cool place, ideally with air conditioner or fan while recovering
- Offer plenty of cool, fresh water to help rehydrate
- Take to veterinarian to examine organs for longer-term damage

For more severe heat stroke ($\geq 105^{\circ}\text{F}$) take the cat to the vet immediately while attempting to reduce body heat utilizing the above methods.