

Heat Stress/ Stroke Awareness



Canine Heat Stress & Heat Stroke

Early Signs (Heat Stress):

- Excessive panting
- Drooling or foaming
- Bright red gums or tongue
- Weakness or wobbliness
- Lethargic
- Seeking shade or cool ground

Progressing to Heat Stroke (Life-Threatening):

- Rapid or noisy breathing
- Vomiting or diarrhea
- Collapse or seizures
- Dark red or pale gums
- Unresponsiveness
- Body temperature above 40°C

Move the dog to a cool, shaded, or air-conditioned area.

Wet the dog with cool, flowing water, focusing on the belly and groin

Use a fan or breeze to help cool.

Offer small amounts of water — never force drinking.

Load and go Scenario — even if your dog seems to recover.

Human Heat Stress & Heat Stroke

Early Signs (Heat Stress):

- Excessive sweating
- Muscle cramps
- Fatigue or weakness
- Dizziness or headache
- Nausea or vomiting
- Pale, clammy skin

Progressing to Heat Stroke (Life-Threatening):

- Hot, dry skin (no sweat)
- Confusion or disorientation
- Rapid pulse and breathing
- Seizures or collapse
- Unconsciousness
- Body temperature above 40°C

Move to a cool, shaded, or air-conditioned area.

Remove excess clothing.

Apply cool, wet cloths or ice packs to neck, armpits, and groin.

Offer small sips of water (if conscious).

If symptoms persist or worsen, call 000 immediately.