

# EXERCISE “WEATHER” YOU LIKE IT OR NOT!

## TIPS FOR WALKING WITH YOUR DOG IN HOT AND COLD WEATHER



### Hot Weather

Keeping hydrated during exercise is important for both you and your dog especially in hot weather. Dogs can quickly overheat in hot weather because they do not have a lot of sweat glands. Large dogs and dogs not used to warm climates are most at risk of overheating. Dogs cool down by panting and even some through their paw pads! Drinking water is essential for dogs to replace the water that evaporates when they pant. When it's hot and humid dogs need a lot more water to cool off, especially if they have been exercising. Remember extra water to pour on your dog in addition to drinking water.



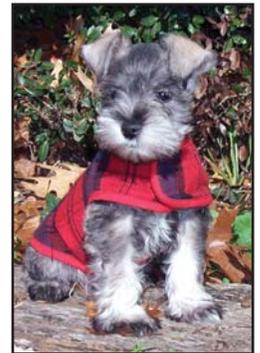
Be careful of hot pavement that can burn your dog's paws. If the pavement is too hot for you to touch, find another route.

Heat stress can come on fast. Signs include breathing hard, panting hard, vomiting, staggering, collapse, and lack of responsiveness. Immediately pour water on your dog, offer your dog drinking water, and call your veterinarian if you see signs of overheating.

### Cold Weather



Dogs develop a thickened hair coat as they get exposed to cold weather. Small dogs or dogs with short hair might enjoy a coat or a sweater. They are relatively inexpensive and come in all shapes, sizes and colors.



Roads and sidewalks can have chemicals and salt applied to them to prevent freezing. These substances can burn or irritate your dog's paw pads. Commercially available dog boots can help to protect paws against these chemicals as well as ice and mud. If you don't use boots, wipe your pet's paw pads with room temperature water after a walk to wash away the salt and chemical substances.



Dogs who exercise in cold weather need extra drinking water too. Dogs lose water when they pant during exercise and the cold air that they breathe in has very little moisture. Remember to bring drinking water along for both you and your dog even in cold weather!

References and Resources:

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