

# HEAT STROKE



## What is it?

Heat stroke is hyperthermia—body temperature over 105°F—when the body can't cool itself effectively. Its cooling efforts may reduce blood flow to organs, risking acute organ dysfunction.

## Why do we worry?

Heat stroke affects the entire body. Early signs—like hyperventilation and rapid heart rate—reflect attempts to cool down. Without intervention, it can lead to organ failure from inflammation, poor circulation, and possible bacterial translocation.

## What should pet owners do?

On warm days, limit outdoor activity and avoid excessive exercise. Provide shade and plenty of fresh water. If your pet shows signs of heat stress—excessive panting, weakness—remove them from the heat and cool them down by soaking them in water.

## Veterinary Care

Treatment starts with immediate cooling—both passive (soaking, fans) and active (IV fluids). If the pet's temperature is over 105°F, hospitalization is often needed for ECG monitoring and blood work to assess organ function. Owners should be prepared for a guarded prognosis, as organ damage may take up to 48 hours to appear.