

JULY 2021 ISSUE

# CANINE HAVEN RESCUE

*How are you and your dogs beating the heat this summer?*



## HOW HOT IS TOO HOT?

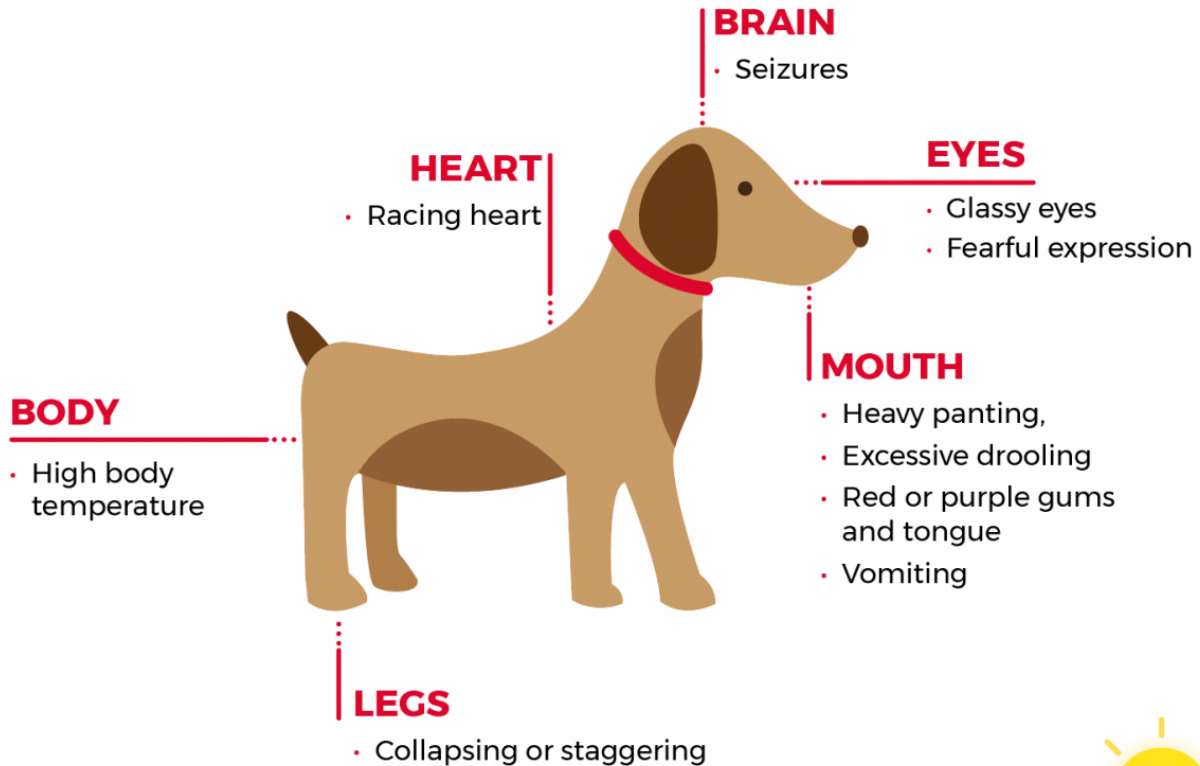
Dogs respond to heat differently than we do as humans. How can you make sure your dog is safe during the heat waves?

- **Limit exercise on hot days** - Walk during cooler times of the day (early morning/evening), or use mental exercise inside! Remember, if you can't hold the back of your hand on the pavement for more than 5 seconds, your pup can't put their paws on it either!
- **Watch the humidity** - Animals pant to evaporate moisture from their lungs which in turn takes heat away from their body. If the humidity is too high, they cannot cool themselves which causes their temperature to increase
- **Never leave your pets in a car** - Temperatures inside a car can reach dangerous levels in less than 10 minutes
- **Provide shade and water** - If you can't escape the heat, ensure your dog has what they need to stay cool.
- **Watch for signs of heatstroke** - Check out the signs of heatstroke below!



# Heat Stroke

## Know The Signs



### How to keep your dog cool on hot days

- Restrict exercise
- Never leave in car, hot room or sun trap
- Ensure drinking water and a cool, shaded spot is always available
- Walk early in the morning or later in the evening
- Spray with cool 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, out of hours, your nearest Vets Now pet emergency clinic straight away

Be prepared this summer.  
Save your pet emergency  
service number now.

[vets-now.com/summer](https://vets-now.com/summer)

Vets Now Ltd. Castle Riggs, Dunfermline, Fife, KY11 8SG. Company reg: SC210632

50%

Average survival rate of dogs diagnosed with heat stroke



2°C

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



60

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



38.5°C

Dog's normal body temperature



15

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

6°C

Average temperature white cars are cooler than black cars after being left in the sun for an hour



43°C

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

**Vetsnow**

Your pet emergency service



## WHAT DID WE DO IN JUNE?

- June 12th we welcomed 38 dogs and 3 cats on a flight from Mexico
- June 23rd we welcomed 8 more dogs from the Dominican Republic
- Adopted out
- New merch - more info below!

## HOW CAN YOU HELP?



FOSTER



ADOPT



VOLUNTEER



DONATE



*"A dog is the only thing on Earth  
who will love you more than  
himself."*

# JULY HIGHLIGHTS

## New Merch!

*Want to rep Canine Haven in your everyday life?*  
Our new CHR tees are available! Each tee is \$25 and can be picked up in Toronto/Hamilton or shipped! There are limited quantities available, so shoot us a message asap to make sure you're the coolest one in your friend group this summer!



10K  
10K  
10K

## 10K Giveaway!

*Who doesn't love free stuff?*

We're SO CLOSE to 10,000 followers on Instagram! Help us reach this huge milestone with a giveaway! All you have to do is like our giveaway Instagram post, follow us on Instagram and tag three friends! The winner will receive two tees, two colour-changing water bottles and paw balm for your furry friends!

## Golden Needle Designs Partnership

*Make sure your pup is the most fashionable one at the dog park this summer!*

July 1st to 15th, Canine Haven Rescue has partnered with Golden Needle Designs out of Toronto! For every custom order, \$2 will be donated to Canine Haven!

