May 25, 2023 **Splash Day at Harold Grimes Memorial Park**



Lake Worth Beach Leisure Services held drawings for super soakers during the Splash Day activities at Harold Grimes Memorial Park.



Nothing like a rain created by a fire hose in the heat of the day to cool the activities of Splash Day presented by the Lake Worth Beach Leisure Services Department.

Peggy Adams Animal Rescue League Shares Tips to Help Keep Your Pets Safe During the Dog Days of Summer!

PALM BEACH COUN-TY, FL (May 24) Peggy Adams Animal Rescue League has a few reminders and tips to help protect your furry friends from the dog days of summer as the temperature heats up this summer and pet food safety when entertaining.

Having neighbors, friends, and family together for a picnic, holiday celebration, or a big sports event is fun. However, one preparation that may be overlooked is pet food safety when entertaining. Many foods can be toxic to pets, including onions, grapes, garlic, alcohol, caffeinated beverages, chocolate, avo-

cados, diet foods (containing artificial sweeteners), and nuts. Bones are also dangerous because they can cause blockages or perforations if eaten. So, keep human foods and snacks out of reach! Instead, have pet-appropriate snacks on hand.

May 26th is National Heat Awareness Day for Pets, and as the temperature heats up this summer, PeggyAdamsAnimalRescue League has a few reminders and tips to help protect your furry friends during the dog days of summer.

It is important to remember that if it's too hot for you, it's too hot for your pets. Dogs are vulnerable to

injuries and illnesses related to hot weather, including heat exhaustion, heat stroke, sunburn, and paw pad burns. The most dangerous condition is heat stroke, which can cause organ failure, seizures, brain damage, hemorrhages, blindness, convulsions, and even death.

Never leave your pet in a parked car. Not only can it lead to fatal heat stroke, but it is also illegal in several states...including Florida. The temperature inside of a car can reach oven-like temperatures in just minutes, often more than 140 degrees. That quick errand can become a disaster and be fatal for your pet.





When temperatures are high, don't let your dog remain on hot surfaces like asphalt and cement. They do not have shoes as we do, and the hot ground can cause burns on their sensitive paw pads. Also, keep walks during the sunniest part of the day to a minimum. Plan those longer walks for sunrise or sunset.

If your dog is a breed that gets haircuts, shortening your dog's coat for summer can help prevent overheating. However, be careful that your dog isn't shaved

suffering from heat stroke, fast action might save their life. Remove the dog from the hot area immediately, wet your pet with cool to room temperature water, and increase air movement around them with a fan. Do not use ice or very cold water - it can be counterproductive since cooling too quickly can trigger other life-threatening conditions.

It is also recommended to allow free access to water, but don't force the animal to drink as they may inhale it or choke. If you believe your pet is experiencing heat stroke, bring your pet immediately to your veterinarian or an emergency clinic! If you see a dog locked in a parked car, call 911. Another friendly reminder from Peggy Adams is that as summer approaches, so do thunderstorms and holidays that include fireworks. Be sure to keep your pets in a safe, quiet, secure place inside the house. One in five pets goes missing after being scared by loud noises. Also, make sure your pets are microchipped, wear a collar with an ID tag, and their information is current. Peggy Adams' Wellness Clinic provides this service if they are not microchipped. To learn more, please visit www.PeggyAdams.org

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too short, which can allow sunburn.

Restrict exercise when temperatures soar, and be sure you do not use a muzzle, as this will restrict a dog's ability to pant. Dogs pant to keep themselves cool; they do not sweat to cool themselves down like humans

Many dogs enjoy a swim, splashing in a wading pool, or a run through a sprinkler in warmer weather, which can help bring body temperatures down. Just be cautious at the beach, lake, or pool, as some dogs will drink large amounts of water and make themselves vomit or cause electrolyte imbalances that become a medical emergency.

If you suspect your dog is

