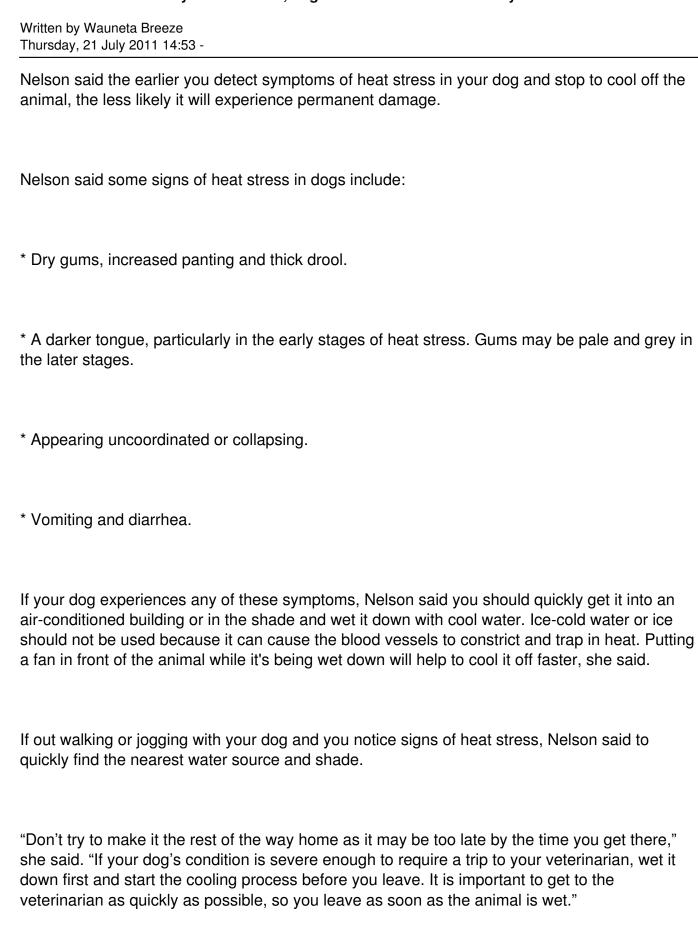
## K-State Veterinarian says hot weather, dogs and outdoor activities may not mix



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To reduce the risk of heat stress in dogs, Nelson recommends owners exercise them in the

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evenings or early in the morning when it is cooler. Also, like humans, dogs need to be conditioned before walking or jogging long distances. Begin with shorter distances, and gradually increase them as the dog's stamina also increases. A well-conditioned dog will be able to handle the heat and humidity better than a dog is out of shape, she said.

Finally, never leave your dog in your car on a warm day, Nelson said.

"Every year thousands of pets succumb to heat stroke because they were left in cars while their owners ran a few quick errands," she said. "In just one hour on a 70-degree day, the inside temperature of your vehicle can soar to over 110 degrees. It's just not worth the risk."