

Summer 2026 Small Animal Newsletter

In this edition we will talk about three important summer issues. Allergies, Heatstroke and Travelling

Summer Allergies: Not Just a Human Problem

As temperatures rise, so do allergy issues—not just for humans, but for our furry family members too! Summer is a peak season for allergens like pollen, grasses, weeds, mould spores, parasites and even insect bites that can trigger uncomfortable allergic reactions in pets. While some pets may only show mild symptoms, others may experience significant discomfort so recognising the symptoms early is important.

Common Signs of Allergies in Pets

- Excessive scratching or licking
- Red, inflamed, or itchy skin
- Hair loss or hot spots
- Sneezing or coughing
- Watery eyes or runny nose
- Chewing on paws or tail base
- Ear infections or frequent head shaking



If so, allergies could be the cause.

Allergies can be very difficult and sometimes impossible to diagnose. Depending on the cause of the allergy it may present as a seasonal problem, i.e. when a specific pollen is in the air, or all year round, i.e. if it is an allergen in your pets food. If your pet is showing any suggestive symptoms and has a history of recurrent problems taking them for a consultation and skin examination is the best first step. Allergy tests are also available along with referral to specialist dermatologists for the most challenging cases.

Home Tips for Managing Allergies

- Wipe your pet's paws and coat after walks
- Vacuum regularly (helps to reduce house dust mites)
- Bathe your pet with vet-recommended shampoos hypoallergenic shampoo
- Keep their parasite treatment up to date
- Avoid walking them during peak pollen times (early morning & late afternoon)

Heatstroke

Wow! What a summer it has been so far. Temperature records have been broken all over the country and for a lot of people it has been incredibly uncomfortable. Spare a thought for our pets. Unlike us they can't take off layers and sometimes don't have the chance to move to cooler places or out of the sun. Animals are unable to sweat like humans do, so it's harder for them to regulate the body temperature. It's not just dogs and cats that we are talking about, it's also important to think about our pets that live in hutches in the garden.



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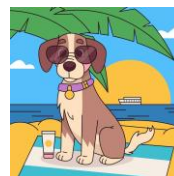
Signs of heatstroke include: Panting, this can progress to distressed or noisy breathing as the heatstroke worsens, restlessness or agitation, pacing, seeking shade or water, drooling, red gums or tongue, increased heart rate, vomiting or diarrhoea. Advanced signs include lethargy, confusion, weakness or collapse and seizures. If you are concerned that your pet maybe over heating the advice is get them wet and get them to the vet. Don't use wet towels on top of your pet as this can stop the heat evaporating. Pour cool water over them, sit them on a cool wet towel and use a fan to help evaporate the heat.

Travelling with your pets

With the great summer weather many of us will want to be taking our pets on holiday in the UK and possibly even abroad.

Car journeys

- Your pet must be suitably restrained when travelling to prevent distraction, this is required by law. This could be a seat belt harness, pet carrier or boot guard.
- Help to keep your pet relaxed by bringing along their usual blanket or their favourite toy
- Make sure to keep your car cool during long journeys and have frequent stops to enable your pet to go to the toilet and stretch their legs.
- Some pets may struggle with travelling, for example from motion sickness or anxiety. If this is the case, please book an appointment with us to discuss the best ways to manage this.



Travelling abroad

EU and Ireland

- A rabies vaccine needs to be given at least 21 days before travelling.
- Animal Health Certificate (AHC) - this needs to be completed and signed by an Official Veterinarian at most 10 days before travelling. Your pet will need to be examined and paperwork completed
- Worming treatment before re-entry to Great Britain - a wormer containing praziquantel must be given by a vet in the EU country that you are leaving at least 24 hours and at most 120 hours (5 days) before re-entry into GB and recorded on the AHC.
- For Ireland, Malta, Finland or Norway, a worming treatment must also be given by a vet 24-120 hours before entering the country and this must be recorded on the AHC.
- If you are travelling to a country where there are sandflies and/or mosquitoes we recommend your dog wears a Scalibor collar.
- Please contact the surgery to discuss individual travel and parasite prevention advice.

Non-EU

Travelling to countries outside the EU requires an Export Health Certificate. These are specific to each country and can have many different requirements. If you are planning to take your pet outside of the EU please let us know well in advance so that we can organise all the necessary requirements.

If you require any advice regarding pet travel either at home or abroad please contact the surgery

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