



## 9 Tips For Keeping Your Dog Healthy And Safe This Winter

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## 9 Tips For Keeping Your Dog Healthy And Safe This Winter

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Salty streets and chilly weather can sometimes make winter activities difficult, but going outside can be a natural (and healthy) choice for your dog [even as the seasons change](#). Check out these winter safety tips to keep your dog safe and comfortable during the chilliest days of the year.

## Play It Safe & Smart This Winter



Find Fun Dog-friendly [Winter Activities](#) To Enjoy Together

Sledding, hiking and playing in the snow are all great ways to exercise and stay active. They're also great ways for your furry friend to expel some energy in the great outdoors! If staying in is more your speed, plan some cozy indoor winter activities you and your dog can enjoy from the comfort of home.



## **Check The Temperature Before You Head Outside**

Hypothermia and frostbite can affect your pup even on your regular daily walk. Always check the weather report and current temperature before heading outside with your dog. Generally, if it's too cold for you to be outside, your dog will likely agree. Keep the bathroom trips brief on bitterly cold days.



## **Have A Dog-safe Plan For Stormy Winter Weather**

If a winter storm is heading your way, make sure you're ready for it. Have an emergency kit prepared with the essentials your dog needs — including dog food, an extra blanket or dog sweater, any medications for your pup and plenty of water. Experts suggest having enough dog food on hand for five days, just in case. Also be mindful of dog anxiety in stressful situations like a winter storm or loss of power. The best way to stay calm — for you and your dog! — is to be prepared.

## **Dress Your Dog For The Weather**



### **Look For Waterproof Dog Clothes And Coats**

Even though dogs have a built-in coat to keep them warm, it isn't always enough. Shop for winter dog clothes like a shirt or sweater for inside wear and invest in a dog winter coat for heading outside in inclement weather. Many of these coats have a soft fleece underside and waterproof exterior to help keep dogs warm and dry.



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### **Get Reflective Safety Gear For Walks On Darker Days**

Darkness comes earlier in the winter, making you and your pup harder to spot on your nightly stroll. Get a reflective vest or collar for your dog that can be seen over their coat to help keep them visible, and make sure you're carrying a flashlight and wearing reflective gear. Many leashes come with reflective stitching, and you can even buy a light-up vest to make sure your pup is spotted from a block away.

## **Watch Out For Winter Safety Hazards**



### **Keep An Eye On Dog Paw Safety**

Trekking through ice and snow can hurt your dog's paws, especially if ice freezes in

between their paw pads. Paw booties can help, but it's still a good idea to check your dog's paws frequently and keep a small hand towel in your pocket just in case they need some care or cleaning mid-walk.



### **Stay Away From Antifreeze**

Ingesting antifreeze can be fatal. Keep an eye on what your dog is licking in your garage or when out for a walk. Keep antifreeze tightly closed and stored away from pets and be sure to immediately clean up any spills that happen. Check your car's radiator regularly and promptly repair any leaks. And steer clear of letting your dog lick any puddles on roads, gutters, garages and driveways. Call your vet immediately if you suspect your pup was licking antifreeze.



### **Pay Attention To Salt And Sand**

Salt and sand can really hurt your pup's sensitive paw pads. Once you return home, dip your dog's paws into lukewarm water to clean off any sand or abrasive rock salt they may have picked up on the walk. It's also a handy way to remove any snowy slush they might accidentally track all over your house. And who wouldn't want a nice warm foot bath after coming in out of the cold?

It's true that winter has a lot of dangers for dogs, but with a little bit of planning, it could quickly become a favorite season for you and your pup.

## **You May Also Like**



### **[8 Outdoor Activities To Enjoy With Your Dog](#)**

It's no wonder we refer to dogs as our best friends. They're loyal companions that love to be a part of our routines and hobbies — including some of our favorite outdoor activities. These eight ideas will help strengthen the bond between you and your dog while you both enjoy the great outdoors.

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### **[8 Tips To Keep Your Dog Active This Winter](#)**

The days are getting shorter and the temperature is getting chillier for much of the country — ready or not, winter is on its way! For your dog, the shift of seasons can also mean a change in their activity level. As the cold weather approaches, get creative on planning out some fun winter excursions for your pup. Varying indoor and outdoor dog activities will help keep them engaged and out of mischief — and give you something new to enjoy as well!

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## **Caring For A Large Dog: 5 Things You Should Know**

Large dogs — boxers, greyhounds, poodles and Weimaraners, just to name a few — can come with large personalities. If you already have one, you probably know that these dogs don't quite understand just how big they are — for instance, many large breeds are convinced they're perfectly lap-sized. But if you're thinking about getting a large-breed dog for the first time, here are some unique considerations to keep in mind.

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## **How Dogs Can Help Our Mental Health — And How We Can Help Theirs**

Sure, owning a dog comes with a lot of responsibilities: There are rainy-day walks, early-morning wake-ups and sleep-interrupting zoomies. But having a dog also comes with tons of benefits — and probably the most important of those is the positive impact on your mental health. Several studies have shown that dogs can reduce stress, anxiety, depression and loneliness. Keep reading to learn about the benefits of being a dog owner — and how you can make sure your dog benefits from your relationship, too.

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