



may let's roll!

Cruise into good health!

Follow the rules of the road for safe travels



Put safety in the driver's seat when road tripping with Rover.

Nothing beats the freedom of the open road — except maybe arriving at your destination safely.

Follow these simple tips to rule the road, or you could be cruising for disaster!



Before motion can cause a commotion, try our advice for easing car sickness! (tip on back)



1 stay out of the hot seat

While it can be tempting to bring pets along when you run errands, never leave your furry friend in a parked car on a warm day — not even for a minute. Even on a cool, 70°F day, a car's inside temperature can soar to 89°F in just 10 minutes and 104°F in 30 minutes. Pets can succumb to heat stroke if their body temperature rises just a few degrees above normal, which can happen within as little as 15 minutes.



2 buckle up little pup

Driving with dogs and cats can be hazardous if you aren't careful:

unsecured pets can leap into the driver's lap, obscure vision or cause other distractions, putting you and others on the road in danger. In the case of an accident, an unsecured pet could face similar injuries to two-legged passengers, including hitting seat backs

or the windshield. Keep your furry friend safe in the car using a vest, harness, booster seat or carrier to secure him.



3 mind the gap

Pets love to stick their heads out the window and feel the wind in their ears, but be careful that

windows are not rolled down enough for pets to jump out. It happens more than you think and can result in serious injury (or worse). In addition to securing your furry friend with a seat belt, be sure to keep windows high enough so that everyone can enjoy the ride safely.

(continued on back)



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Follow the rules of the road for safe travels (continued...)



4 plan some pit stops

Don't forget to plan pet-friendly stops on the way to your destination. Even a quick stretch of the legs to let pets relieve themselves can help ease anxiety and burn off excess energy. Some highway rest stops now have dog park facilities for this specific purpose. They say a tired pet is a happy pet, and this golden rule goes for the road, too!



How to put
a stop to
motion sickness

5 quelling the queasiness

Car sickness in dogs and cats is common. To keep tummies from rumbling, avoid feeding pets for a few hours prior to travel, roll down windows a few inches to equalize pressure and keep the car cool — heat and humidity can trigger nausea. If all else fails, motion sickness medication can save the day.



Logging miles will **inspire smiles** as long as you tune up on safety. Keep your pet's paws protected when you're behind the wheel and you'll **drive off into the sunset together.**

 Sniff out more on this topic! Visit GoPetplan.com/May2016-health-tip



next month: sun sense!

Learn how to keep your furry friend safe in the sun by visiting GoPetplan.com/12-months-pet-health-tips-2016 on June 1.



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