

# Helping your Fish cope with Extreme Heat



## Extreme heat creates problems

When temperatures are high, fish go into metabolic overdrive, consume more oxygen and produce more waste products. These waste products can be more toxic at higher temperatures. Here are some simple tips to use when temperatures are extreme:

### 1. Cool the water

Add party ice or frozen water bottles to help reduce temperatures for species that need cooler temps - but be careful with Marines, as adding frozen fresh water will reduce salinity.

### 2. Maintain Oxygen Levels

Ensure that tanks are well aerated to maintain oxygen levels (the hotter the water, the less oxygen it can carry). Also check to ensure that filters are working properly with adequate water flow.

### 3. Check Water Parameters

Make sure that water parameters such as pH are correct.

### 4. Do not Overstock

Reduce stocking densities - do not overstock tanks.

### 5. Frequent Water Changes

More frequent water changes can help by reducing water temperature (if tap water is colder than the tank) and helps reduce build-up of toxic metabolites.

### 6. Reduce Feeding

Reduce feeding - this can help reduce the metabolic stress and production of wastes.

care sheet

