



Press Release
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Summer Heat Risk for Children is Increased

Keeping children hydrated and can help prevent heat exhaustion.

KNOX CITY, Texas (June 16, 2022) – Outdoor activities for children during this time of year is an exciting time, but the Texas heat can put them at an elevated risk of dehydration and heat exhaustion. Drinking plenty of water is critical for those who find themselves busy with sports and other outdoor activities.

“Children can develop heat-related illnesses when exposed to hot temperatures, even when it doesn’t seem too hot outside,” said Cindy Guess, FNP at Knox City Clinic, a service of Knox County Hospital District. “Making sure they take breaks between activities and drink plenty of water and is an important way to ensure they don’t suffer from dehydration or heat exhaustion.”

Heat exhaustion is a condition in which the body’s natural cooling system begins to fail. It most often occurs when victims physically exert themselves in hot weather, overwhelming the body’s ability to cope with elevated temperatures.

Children and the elderly are especially vulnerable to heat-related illnesses. Avoiding the heat of the day and drinking plenty of liquids can reduce the risk of dehydration or heat stroke.

“Kids stay active when they are at play and can get caught up in whatever they are doing outside and forget to drink water or take breaks,” Guess said. “Parents and older siblings play an important role in monitoring their activity during the Texas heat.”

Signs of heat exhaustion include weakness, nausea, headache, increased sweating, clammy skin, and fever.

Sweating acts as a coolant system for the body. It lowers the body temperature and also causes the loss of large amounts of body fluids, leading to dehydration. When children feel thirsty, it often means they are already dehydrated. Water and sports drinks can help children and adults stay hydrated, but beverages such as coffee, soda and alcohol can actually cause further dehydration, since the body has to release extra fluids to process them.

If a child is suspected of experiencing dehydration or heat exhaustion, he or she should be taken to a shaded area or indoors. The child’s excess clothing should be removed, and he or she should be encouraged to drink fluids. A cool, wet cloth should be applied, and a healthcare provider should be called for advice.

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When left untreated, heat exhaustion can progress to heat stroke, a potentially life-threatening condition that requires immediate medical care.

Parents and children should take extra care during the heat of the day, which typically occurs between 10 a.m. and 4 p.m. Limiting outdoor activities during this time can help reduce the risk of heat-related illnesses.

“Summer and outdoor sports and play is a great time for children to get some exercise,” Guess noted. “It’s easy, however for them to overdo it. That’s why a little caution and supervision are so important when it gets hot.”

Guess also noted that summer is a great time for parents to schedule a yearly check-up for their children. Annual visits allow a healthcare provider to monitor the growth of your child and to ensure he or she is caught up on important immunizations.

In Knox County the Knox City Clinic and Munday Clinic are a convenient choice for families with busy schedules. Offering preventive care such as immunizations and yearly physicals, the compassionate medical team at our local clinics helps families stay healthy all year long.

To learn more about local healthcare services or to find a provider please visit www.knoxhospital.org or call Knox County Hospital District at 940-657-3535.

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.

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