



**Press Release**  
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## **Tips to Stay UV Safe this Summer**

*Knox County Hospital District reminds the community about the dangers of summertime weather.*

KNOX CITY, Texas (July 29, 2022) – The heat is no joke this summer, and the fall cool-down is still a couple of months away. Whether you are planning to spend some time by the pool or out tending to the yard, protecting yourself and loved ones from the strong ultraviolet (UV) rays this summer should be a top priority.

Skin cancer is the most common form of cancer in the United States, according to the Centers for Disease Control and Prevention. The government agency reports that nearly 5 million people are treated for skin cancer each year. While it is dangerous, there are many ways you can prevent this potentially deadly disease.

“When outdoors always use sunblock, especially in full sun. I recommend to my patients that they use SPF 30 or higher. Also, make sure you apply sunblock to children before you let them outdoors to play,” Cindy Guess-FNP, in Knox City said. “While we often talk about skin cancer more during the summer months, harmful UV rays pose a threat year-round.”

To further protect yourself from the sun’s harmful rays, Guess recommends staying out of the sun between 11 a.m. and 4 p.m., when the sun is the strongest. He also says that when outdoors, you should seek shade as much as possible and wear light-colored cotton clothing, a hat, and sunglasses.

Heat exhaustion is a common reason why patients come to the emergency department at Knox County Hospital during the summer. According to Stephen Kuehler, CEO of Knox County Hospital District, individuals underestimate how the heat can affect their health. He says that long exposure to the sun and extensive activities in the heat are frequent causes of heat exhaustion.

Sweating is a natural method your body uses to cool internal temperatures. Although the process brings your body temperature down, it also results in the loss of large amounts of body fluids, leading to dehydration.

Consuming water or sports drinks can help combat exhaustion and keep the body hydrated. People should limit beverages such as soft drinks, coffee, and alcohol, all of which can cause the body to excrete extra fluids and become dehydrated more quickly.

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“Heat exhaustion can sneak up on you and take a toll on your body,” Guess adds. “I always encourage patients to be mindful of your body, taking note of symptoms, and simply practicing caution when outdoors.”

Common symptoms of heat exhaustion include dizziness, nausea, heavy sweating, weak or rapid pulse, headache, and weakness or fatigue. If you find yourself feeling any symptoms of heat exhaustion while outdoors, it is critical that you get out of the heat immediately and rest.

“It is important that we all stay active year-round, but we need to be smart about how we do it,” Kuehler added. “We encourage you to plan your outdoor activities appropriately and take frequent breaks during the summer. Heat is tough on your body, so take all the precautions you need to stay healthy.”

### **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](http://www.knoxhospital.org).

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