



Press Release
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Hospital Urges Residents to Prioritize Safety During Texas Summer Heat

Tips to stay safe during the summertime heat.

KNOX CITY, Texas (July 7, 2023) – As the scorching summer temperatures continue to rise in Texas, Knox County Hospital District is reminding residents about the importance of staying safe and taking precautions to beat the heat. Understanding the risks associated with extreme heat is crucial for preventing heat-related illnesses and accidents.

Cindy Guess-FNP, of the Knox City Clinic, a service of Knox County Hospital District, warns, "The Texas summer heat can be relentless and unforgiving. It's essential to prioritize safety to protect yourself and your loved ones from the potential dangers associated with extreme temperatures."

Guess emphasizes the importance of staying hydrated and avoiding dehydration. "Dehydration can occur rapidly in hot weather, leading to fatigue, dizziness, and even heat stroke," She explains. "It is imperative to drink plenty of fluids, particularly water, even if you don't feel thirsty."

To combat dehydration and stay safe in the heat Guess recommends the following tips:

1. **Stay Hydrated:** Drink plenty of water throughout the day, even if you're not physically active. Avoid excessive consumption of caffeine or alcoholic beverages as they can contribute to dehydration.
2. **Seek Shade:** When spending time outdoors, find shade or create your own shade with an umbrella or wide-brimmed hat. This helps reduce direct exposure to the sun and lowers the risk of heat-related illnesses.
3. **Dress Appropriately:** Wear lightweight, loose-fitting clothing in light colors that reflect sunlight rather than absorb it. This helps your body stay cool and aids in the evaporation of sweat.
4. **Limit Outdoor Activities:** Try to schedule outdoor activities during cooler times of the day, such as early morning or evening hours. If you must be outside during peak heat hours, take frequent breaks in shaded areas and avoid overexertion.

Moreover, Guess underscores the importance of recognizing the signs of heat-related illnesses, such as dehydration and heat stroke. Symptoms of dehydration may include excessive thirst, dry mouth, fatigue,

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dizziness, and dark-colored urine. Heat stroke, a severe condition, may cause high body temperature, confusion, nausea, rapid heartbeat, and even loss of consciousness.

"If someone is exhibiting signs of dehydration or heat stroke, it is essential to take immediate action," advises Guess. "Move the person to a cooler place, encourage them to drink water, and seek medical attention promptly."

In addition to water safety, Knox County Hospital District emphasizes the significance of responsible behavior during the summer months. Guess urges residents to never drink and drive, as alcohol impairs judgment and increases the risk of accidents on the road. "Designate a sober driver or use a rideshare service if you plan on consuming alcohol," She advises. "It's essential to keep yourself and others safe."

The safety of children is another paramount concern in hot weather. Guess offers the following tips to ensure children's well-being during the summer season:

1. **Keep Children Hydrated:** Offer children water frequently, even if they don't ask for it. Encourage them to drink fluids regularly to prevent dehydration.
2. **Protect from the Sun:** 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.

"Outdoor activities are a wonderful and an important part of the summer for kids and parents alike." Guess noted. "Being aware of the impacts of the summer heat will help to alleviate any downsides that could result. 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," Guess concluded.

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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