



**Press Release**  
**FOR IMMEDIATE RELEASE**

**Media Contact**  
Stephen Kuehler | [stephen.kuehler@knoxfhospital.org](mailto:stephen.kuehler@knoxfhospital.org)  
940-657-3535

## **Five Health and Wellness Tips to Keep in Mind this Labor Day Weekend**

*Knox County Hospital District encourages residents to focus on their health during the upcoming holiday.*

KNOX CITY, Texas (Aug. 25, 2023) – School is back in session and Labor Day weekend is right around the corner. That must mean the summer season is winding down.

As area residents prepare for an event-filled holiday weekend, Knox County Hospital District encourages everyone to keep their health and safety top-of-mind by offering tips for busy lives.

“Holiday weekends can quickly turn into nightmare scenarios,” says Stephen Kuehler, CEO of Knox County Hospital District. “Whether its food poisoning, an injury from outdoor activities, or a drunk driving accident, taking the proper precautions beforehand ensure your Labor Day weekend is a success.”

Chris Scott, FNP at Munday Clinic, a service of Knox County Hospital District, stresses the importance of addressing potential safety issues that commonly arise during the Labor Day holiday. With safety at the forefront of his concerns, Scott encourages the community to take heed of the following areas:

1. Don't Drink and Drive: With celebrations and gatherings taking place, it is vital to remind everyone never to drink and drive. Alcohol impairs judgment and reaction time, putting both the driver and others at risk. Scott strongly advises arranging designated drivers to ensure a safe return home.

"Drinking and driving remains a significant concern during holiday periods," warns Scott. "It is crucial to plan ahead and make responsible choices to protect yourself and others on the road."

2. Be Mindful of the Texas Heat: As summer lingers on in Texas, the heat can be intense during the Labor Day weekend. Scott advises individuals to be cautious and take necessary steps to prevent heat-related illnesses. Stay hydrated by drinking plenty of water, wear lightweight and breathable clothing, and limit outdoor activities during the hottest parts of the day.

"Texas heat can be unforgiving, especially during outdoor celebrations," cautions Scott. "Make sure to stay hydrated, seek shade when necessary, and be mindful of the signs of heat exhaustion or heatstroke."

3. Ensure Child Safety: Holidays often involve children participating in various outdoor activities. Scott emphasizes the importance of child safety, including proper supervision during playtime and utilizing appropriate safety equipment such as helmets and life jackets.

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"Children are particularly vulnerable to accidents and injuries," states Scott. "Parents and caregivers should maintain a watchful eye and take necessary precautions to ensure their safety throughout the holiday."

4. Practice Water Safety: With many individuals enjoying lakes, pools, and other water-based activities, it is crucial to prioritize water safety. Scott encourages everyone to swim in designated areas, supervise children closely, and ensure that individuals of all ages wear life jackets when boating or participating in water sports.

"Water-related accidents can have devastating consequences," emphasizes Scott. "By following water safety guidelines, we can prevent unnecessary tragedies and enjoy a fun-filled holiday weekend."

5. Food Storage Safety for Outdoor Picnics: Outdoor picnics and barbecues are popular during Labor Day weekend. Scott reminds everyone to practice proper food storage and handling to avoid foodborne illnesses. Keep perishable foods refrigerated until ready to serve, avoid leaving food in the sun for extended periods, and discard any leftovers that have been sitting out for more than two hours.

"Food safety is always important, but especially when dining outdoors," advises Scott. "By following simple guidelines, we can prevent foodborne illnesses and ensure everyone enjoys their Labor Day Weekend."

Please note that the Munday Clinic will be closed on Labor Day (Monday, Sept. 4). The Knox City Clinic and Knox County Pharmacy will be open from 8:00 am to 2 pm. Both clinics and pharmacy will resume normal office hours on Sept. 5.

To learn more about local healthcare services available through Knox County Hospital District, please call 940-657-3535 or visit [www.knoxhospital.org](http://www.knoxhospital.org).

### **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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