



Press Release
FOR IMMEDIATE RELEASE

Media Contact
Stephen Kuehler | stephen.kuehler@knoxhospital.org
940-657-3535

Knox County Hospital District Shares Important Tips for a Safe Memorial Day Holiday Weekend

Summer holidays are often a time for increased injuries and accidents nationwide.

KNOX CITY, Texas (May 17, 2024) – Knox County Hospital District (KCHD) is observing Memorial Day by encouraging the community to honor and remember the brave men and women who made the ultimate sacrifice in protecting our freedom. The holiday weekend also marks the unofficial start of the summer season, with many Texans gathering with family and friends for events and activities.

With the surge of holiday-related travel, outdoor activities, picnics, and other festivities, Knox County Hospital officials remind residents to practice caution to ensure a healthy and safe weekend.

“Holiday weekends, like Memorial Day, can often go from fun to life-threatening quick,” says Stephen Kuehler, CEO of Knox County Hospital District. “Whether it’s food preparation errors, injuries from outdoor activities, or accidents caused by drunk driving, taking the right precautions ahead of time can make the difference between having a fun weekend and ending up in the emergency room.”

Kuehler says that water safety, staying sober, protecting yourself from the sun, and handling food properly can collectively contribute to a successful holiday weekend.

Water-related accidents can be avoided.

As the region experiences warmer weather, many families will spend time in pools or head to local lakes. The summer holidays also often result in an increase in water-related accidents, including drownings.

Kuehler says that individuals should never swim alone and that children should always be supervised to prevent a fun pastime from becoming a nightmare.

Children should always wear life jackets when boating and adults should be prepared to respond immediately to swimming-related emergencies.

MORE



Knox County Hospital District Shares Important Tips for a Safe Memorial Day Holiday Weekend **Page 2**

Buzzed driving is drunk driving.

No matter the time of year, holidays are often busier on the road. If you travel further than usual, it is recommended that your car has been inspected and is ready before you embark on your journey.

Studies have shown that driving under the influence is more widespread in rural areas, particularly during holiday periods. Across the country, both adolescents and adults have a fatality rate that is twice as high in rural areas compared to urban areas.

“When driving under the influence, you are not only putting yourself in danger but also any passengers in your vehicle, as well as others on the road,” Kuehler says. “The best thing to do is simply not consume any alcohol. If you choose to do so, designate a sober driver. The decision could be a lifesaver.”

Stay safe under the sun.

As the Texas heat begins to heat up, the sun’s intense ultraviolet rays pose many dangers to our skin. Thus, utilizing various measures of skin protection is imperative.

It is recommended that everyone avoid direct sunlight during the heat of the day and always wear high-SPF sunscreen outdoors. To prevent dehydration, individuals participating in outdoor festivities drink plenty of water and consume fresh fruits and vegetables. Sports drinks with electrolytes may also be helpful for people participating in vigorous activities.

Always handle food properly.

As the temperature rises and the sun shines, families nationwide will gather to savor delicious grilled meals in the great outdoors. Before igniting the grill for the first time this season, it's essential to meticulously inspect the fuel lines and ensure that your grill or barbecue is spotless and positioned safely from houses, trees, and any flammable materials.

Proper food storage is crucial to preventing foodborne illnesses. Food creates an ideal breeding ground for harmful bacteria and pathogens when left outside. The U.S. Food and Drug Administration advises not leaving food out for more than an hour when outdoor temperatures exceed 90 degrees Fahrenheit and for no more than two hours at any other time.

MORE



Knox County Hospital District Shares Important Tips for a Safe Memorial Day Holiday Weekend

Page 3

Moreover, perishable foods that require refrigeration should be stowed in coolers with ample ice and/or freezing packs to uphold a temperature of at least 40 degrees Fahrenheit.

“Memorial Day is about remembering and honoring the brave men and women who lost their lives protecting our country,” Kuehler says. “No matter how you observe the holiday, remember to be cautious and safe.”

To learn more about local healthcare services available through Knox County Hospital District, please call 940-657-3535 or visit 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.

###