



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

Outdoor Safety Tips for Hot Summer Days

Knox County Hospital District provides tips to keep you and loved ones safe outdoors.

KNOX CITY, Texas (July 15, 2024) - As temperatures and the heat index continue to soar to triple digits this summer, it's crucial to protect yourself and your loved ones from the harsh ultraviolet (UV) rays. Prolonged exposure to these rays can do more than give you a tan or sunburn; it can lead to severe skin and eye damage, suppress your immune system, and even cause skin cancer.

Knox County Hospital District is urging the community to adopt essential precautions to avoid heat exhaustion and skin damage during this scorching season.

"Summer activities like pool parties and barbecues are fun, but they come with increased risks from sun exposure," said Dr. Ruth Ebangit at Knox City Clinic. "Taking a few simple steps can help keep you and your family safe."

Avoid Peak Sun Hours

The sun's rays are most intense between 10 a.m. and 4 p.m. To reduce the risk of skin damage and heat exhaustion, try to stay indoors during these hours.

Use Sunscreen Year-Round

Most are aware that it is very important to use sunscreen in the summertime, but sunscreen isn't just for summer. UV rays can harm your skin all year long, accelerating aging and increasing cancer risk. Use a broad-spectrum sunscreen with at least SPF 30 daily. For water activities, opt for a water-resistant sunscreen and reapply as directed.

Wear Protective Sunglasses

Like sunscreen, sunglasses are essential year-round. Extended sun exposure without eye protection can lead to corneal burns or cataracts. Choose sunglasses that block 99 to 100 percent of UVA and UVB rays. Dr. Ebangit recommends gray-colored lenses for natural vision and reduced light intensity.

Select Protective Clothing

Covering your skin is one of the best ways to protect against UV rays. Wear tightly woven fabrics and choose garments appropriate for your activities. Wide-brimmed hats and dark, heavy cotton clothes offer excellent protection during outdoor chores.

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Stay Hydrated

Your body's cooling system relies on sweating, which can lead to dehydration. Drink plenty of water or sports drinks and avoid soft drinks, coffee, and alcohol, as they can dehydrate you faster.

"Staying active is important, but so is planning to stay safe outdoors," Dr. Ebangit emphasizes. "Whether you're jogging or gardening, proper preparation can prevent pain and potentially save your life."

Sweating acts as a coolant system for your body. This system brings your body temperature down, but 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 your body hydrated. It is generally recommended that you stay away from soft drinks, coffee, and alcohol when outdoors. These drinks are known to cause your body to excrete fluids, leading to a faster rate of dehydration.

"Active lifestyles are important year-round, but it is also important to know how to plan ahead to stay safe outdoors especially as we navigate the Texas summer heat," Dr. Ebangit explains. "Whether you're going for a run or working in the garden, planning ahead can save you much pain and potentially even save your life."

For more information about protecting yourself outdoors, ask your primary care provider or call visit www.knoxhospital.org to find a medical provider near you.

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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Knox County Hospital District

701 SE 5th St. | Knox City, TX 79529 | 940-657-3535