



Press Release
FOR IMMEDIATE RELEASE

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Labor Day Weekend A Time to Celebrate Keeping Health and Safety in Mind

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

KNOX CITY, Texas (Aug. 23, 2024) – As Labor Day weekend approaches, Knox County Hospital District is proud to honor the history and significance of this cherished holiday while emphasizing the importance of health and safety in our community. This year, we encourage everyone to celebrate responsibly, keeping in mind the healthcare resources available to you.

Labor Day, celebrated on the first Monday in September, originated in the late 19th century amidst the labor movement in the United States. It was established as a day to honor the contributions of American workers and to recognize the social and economic achievements of the labor force. The first official Labor Day holiday was celebrated on September 5, 1882, in New York City, with a parade organized by the Central Labor Union. Over the years, it has evolved into a day of relaxation and family gatherings, marking the unofficial end of summer.

Today, we celebrate Labor Day not only as a tribute to workers but also as a reminder of the importance of work-life balance, community support, and the overall well-being of our citizens.

While many families will enjoy picnics, and outdoor activities over the long weekend, it's essential to prioritize health and safety. "Labor Day is a time for celebration, but we must not forget about our health and safety," says Stephen Kuehler, CEO of Knox County Hospital District. "Whether you're grilling at home or traveling for the weekend, please take precautions to prevent accidents and injuries."

The U.S. Consumer Product Safety Commission reports that thousands of injuries occur during Labor Day weekend, primarily due to accidents involving motor vehicles, grills, and outdoor activities. To ensure a safe holiday experience, we urge everyone to adhere to the following safety tips:

Holidays are not "cheat days"

Like many other holidays, Labor Day weekend is often celebrated in a variety of ways. No matter how you celebrate, do not use the holiday as an excuse to stray from your diet and nutrition plans.

Consistency is key, and cheat days (or weekends) are never ideal.

Snacks and sweets are often consumed the most during Labor Day gatherings. Making healthier choices does not have to be difficult, though! Instead of chips, choose fresh, crisp vegetables such as carrot and

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celery sticks. Fresh fruits such as watermelon and peaches are a great seasonal alternative to cupcakes and cookies.

Stay Hydrated:

With the Texas summer heat still lingering, make sure to drink plenty of water, especially if you're spending time outdoors. "Texas heat can be unforgiving, especially during outdoor celebrations," cautions Kuehler. "Make sure to stay hydrated, seek shade when necessary, and be mindful of the signs of heat exhaustion or heatstroke."

Avoid or limit alcohol consumption

Holiday weekends are notorious for an increase in traffic-related accidents. Do not let your alcohol consumption contribute to the statistics and, even worse, ruin your life.

Heavy alcohol consumption can have disastrous effects on your body, including liver ailments. In addition, when drinking alcohol outdoors in the summer heat, your body can quickly become dehydrated.

If you are going to consume alcoholic beverages, it is recommended that you don't drink or limit your drinking and drink plenty of water. In addition, please avoid driving. Having a designated driver or a loved one transport you will always be the safe route for both you and your community.

Be mindful of food preparation and storage

Grilling is an American pastime, and this Labor Day is no different. Keep a close eye on the grill and never leave it unattended. Make sure to cook meats to the appropriate temperatures to prevent foodborne illnesses. Do not leave uncooked meats out of refrigeration for too long and ensure they are thoroughly cooked, especially leaner meats like chicken.

The U.S. Food and Drug Administration suggests that food should not be left out for more than an hour when outdoor temperatures are above 90 degrees Fahrenheit. In addition, foods should not be left out for more than two hours at any time. Foods that require refrigeration should be placed in coolers with plenty of ice or freezing packs to hold a temperature of at least 40 degrees Fahrenheit.

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“As we celebrate this Labor Day, let us reflect on the hard work and dedication of all individuals who contribute to our society. It’s a time for us to come together in gratitude and to enjoy the company of family and friends,” said Kuehler. “However, let’s make sure that our celebrations don’t come at the cost of our health and safety.”

In the event of an emergency, Knox County Hospital District is committed to providing immediate care. Our emergency room is open 24/7 to ensure that our community has access to medical assistance whenever it’s needed. “Our dedicated staff is here for you, day and night. If you find yourself in need of medical attention this Labor Day weekend, don’t hesitate to visit us,” said Kuehler.

The Munday Clinic will be closed on Monday, September 2. However, Knox City Clinic will be open from 9 AM to 2 PM, along with the pharmacy, to assist with any needs you may have. Regular hours will resume on Tuesday, September 3.

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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