



Press Release

FOR IMMEDIATE RELEASE

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Celebrate the Fourth of July Safely

Knox County Hospital Shares Summer Holiday Tips

KNOX CITY, Texas (**June 27, 2025**) – The Fourth of July is a time to come together as a community, reflect on our freedom, and enjoy some well-earned summer fun. Knox County Hospital is reminding residents that while celebrations bring joy, they can also bring risk—unless we all take a few simple precautions.

“This holiday is one of our nation’s most cherished traditions,” said **Stephen Kuehler, CEO of Knox County Hospital**. “But with increased travel, outdoor cooking, fireworks, and water activities, it’s also a time when we see preventable injuries. A little care goes a long way.”

Fireworks: Fun with Caution

Each year, thousands of people are treated in emergency rooms across the U.S. due to fireworks-related injuries—many involving children. Knox County Hospital strongly encourages residents to attend community-sponsored fireworks displays rather than lighting fireworks at home.

If you choose to use personal fireworks:

- Never let kids light or handle fireworks.
- Use them in open areas, away from homes, grass, or trees.
- Keep a water source close in case of fire.
- Dispose of used fireworks properly and never attempt to relight duds.

“Even something as simple as a sparkler burns at nearly 2,000 degrees,” **Kuehler** noted. “The safest option is to enjoy a professional show with your family.”

Hot Weather, Hot Grills—Stay Alert

Grilling is a highlight of summer gatherings, but it’s also a leading cause of holiday-related burns and house fires. Always grill outdoors and never leave a hot grill unattended. Before you fire it up, inspect propane tanks and gas lines for leaks.

And for food safety:

- Keep raw meat separate from cooked items.
- Use a food thermometer to ensure meats are fully cooked.
- Refrigerate leftovers quickly.

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“Good food is part of the celebration—but so is keeping your loved ones safe,” Kuehler added. “Keep an eye on the grill, and follow proper food-handling practices.”

Hydration & Heat Awareness

With high temperatures forecasted, it’s important to take the heat seriously. Whether you’re at a parade, picnic, or backyard party, watch for signs of heat exhaustion—such as dizziness, nausea, or confusion.

Tips to beat the heat:

- Drink water regularly, even if you don’t feel thirsty.
- Take breaks in shaded or air-conditioned areas.
- Avoid alcohol or caffeine in excess—they contribute to dehydration.

“Hydration is often overlooked until it’s too late,” said Kuehler. “If you’re spending the day outdoors, be proactive—especially with young children and older adults.”

Water Safety Is No Accident

Planning a trip to the lake or pool? Make sure someone is always supervising children near water, even if they know how to swim. Life jackets are critical for boating and water sports—don’t rely on inflatable toys for safety.

“Water can be deceiving—accidents happen in seconds,” Kuehler warned. “Designate an adult to supervise at all times, and make sure everyone follows the rules, no exceptions.”

Safe Roads Save Lives

Holiday weekends bring more drivers to the road—and more accidents. Knox County Hospital urges everyone to drive sober, buckle up, and stay alert.

- Don’t text and drive.
- Appoint a designated driver before the first drink.
- Observe speed limits and watch for pedestrians, especially during local events.

“Traveling to see friends and family should be joyful—not tragic,” Kuehler said. “Make a transportation plan ahead of time and stick to it.”

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Avoid alcohol

Studies show that the Fourth of July Holiday ranks second next to New Year's Eve for alcohol-related traffic accidents. Also, statistics indicate a higher prevalence of driving under the influence in rural versus urban areas.

Nationwide, fatality rates of automobile accidents for both teens and adults were twice as high in rural areas.

The best way to ensure that everyone in your community stays safe is to refrain from alcoholic beverages such as wine, beer, and liquor. If you or a loved one does choose to drink, please do not plan to operate a motor vehicle such as a car or boat.

A Community That Looks Out for Each Other

Knox County Hospital encourages residents to be mindful of neighbors, pets, and veterans who may be sensitive to loud noises during fireworks. Respecting those around us is just one more way to keep the holiday safe and inclusive.

"Celebrating with care doesn't take the fun out of the Fourth—it makes sure we all get to enjoy it," **Kuehler** concluded. "Let's look out for each other and make this Independence Day one we remember for all the right reasons."

Kuehler reminds everyone to always call 911 in the event of an emergency. To learn about local healthcare programs and services or to find a provider, please 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.

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