



**Press Release
FOR IMMEDIATE RELEASE**

Media Contact
Stephen Kuehler | stephen.kuehler@knoxhospital.org

Celebrate Safely This Independence Day

Hospital District encourages families to make smart choices during historic Fourth of July weekend

KNOX CITY, Texas **(June 19, 2026)** – As families prepare to celebrate the Fourth of July and the nation's upcoming 250th anniversary of American independence, Knox County Hospital District is encouraging residents and visitors to make safety a priority throughout the holiday weekend.

On July 4, 2026, the United States will commemorate the 250th anniversary of the signing of the Declaration of Independence, a historic milestone. Across the country, communities will gather to reflect on the nation's history, celebrate freedom and spend time with family, friends and neighbors.

Locally, Independence Day weekend often means road trips, cookouts, fireworks, time outdoors and time around water. Knox County Hospital District reminds the community that a safe celebration begins with simple planning, responsible decisions and an awareness of the risks that can come with summer holiday activities.

"Independence Day is a special time for families and communities, and this year's national milestone makes the celebration even more meaningful," Stephen Kuehler, CEO, said. "As people gather to enjoy the holiday weekend, we want everyone to take a few extra precautions so the celebration remains safe, healthy and memorable for the right reasons."

Holiday travel is one of the first areas where safety matters. Drivers are encouraged to allow extra time, wear seat belts, avoid distractions and put away cellphones while driving. Anyone who plans to drink alcohol should arrange a sober driver before the celebration begins. Knox County Hospital District also reminds residents that fatigue, speeding and impatience can increase the risk of accidents, especially when roads are busy.

"Driving safely is one of the most important decisions people can make during a holiday weekend," Kuehler said. "Do not drink and drive, do not text and drive, and make sure every person in the vehicle is buckled up. Those are simple steps, but they can save lives."

Fireworks are another traditional part of Independence Day celebrations, but they should be handled with care. Adults should closely supervise children, follow all safety instructions and keep fireworks away from dry grass, homes, vehicles and other flammable materials. Sparklers and small fireworks can still cause burns, eye injuries and other serious accidents if they are not used properly.



Families spending time around pools, lakes or other bodies of water also should plan ahead. Children should be watched closely and without distraction when they are near water. Life jackets should be worn when boating, and alcohol should be avoided while swimming, operating a boat or supervising children near water. Even strong swimmers can get into trouble quickly, especially when heat, fatigue or alcohol are involved.

Summer heat can also become a health concern during outdoor celebrations. Residents are encouraged to drink plenty of water, take breaks in the shade or air conditioning, wear sunscreen and check on older adults, young children and people with chronic medical conditions. Symptoms such as dizziness, confusion, nausea, heavy sweating or weakness should not be ignored.

“Many holiday-related emergencies can be prevented by slowing down and paying attention,” Cindy Guess, FNP of the Knox City Clinic said. “Stay hydrated, be careful around fireworks and water, and seek help when something does not feel right. It is always better to take a concern seriously than to wait until it becomes more urgent.”

“For serious symptoms or injuries, residents should call 911 or go to the nearest emergency department. Emergency concerns may include chest pain, difficulty breathing, signs of stroke, severe bleeding, major burns, serious allergic reactions, severe dehydration, head injuries or other urgent medical needs, Guess noted.

As part of the holiday observance, Knox City Clinic and Knox County Pharmacy will be open Friday, July 3, from 8 a.m. to 2 p.m. Munday Clinic will be closed Friday, July 3. The Knox County Hospital District Emergency Department remains open 24 hours a day, seven days a week. The holiday-hours structure follows the district’s prior Independence Day notices for its clinics, pharmacy and Emergency Department.

For nonemergency healthcare needs, patients may contact Knox City Clinic at 940-657-3906 or Munday Clinic at 940-422-5271 during regular clinic hours.

Knox County Hospital District wishes the community a happy, healthy and safe Independence Day weekend. To learn more about local healthcare programs and services, visit 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.