



Press Release
FOR IMMEDIATE RELEASE

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Knox County Hospital District Encourages Heat Safety

Simple precautions can help residents stay safer as summer temperatures rise

KNOX CITY, Texas (**July 2, 2026**) – As summer temperatures continue across Knox County, Knox County Hospital District is encouraging residents to take appropriate precautions, plan ahead and stay aware of the risks that can come with extreme heat.

Hot weather is part of summer in Texas, but even people who are accustomed to warm temperatures can be affected when heat builds throughout the day, when outdoor activities last longer than expected or when people do not have enough shade, water or rest. The district encourages residents to take heat seriously, especially during the afternoon and early evening hours, when temperatures are often at their highest.

“Summer is a time for family, travel, outdoor work, ballgames, church activities and community gatherings, but it also is a time when we all need to be mindful of the heat,” said Stephen Kuehler, CEO of Knox County Hospital District. “A little planning can make a real difference. We want people to enjoy the summer while also taking care of themselves, their families and their neighbors.”

Kuehler said heat safety begins before people leave home. Those who plan to work outside, attend outdoor events or travel should consider the time of day, expected length of the activity and whether shade, water and air conditioning will be available.

Residents are encouraged to drink water throughout the day, take breaks in cooler areas when possible and avoid pushing through exhaustion simply to finish a task. Outdoor work, exercise and yard projects may be safer earlier in the morning or later in the evening. Lightweight clothing, hats and sunscreen also can help reduce the effects of direct sun exposure.

“Many heat-related problems start gradually,” Kuehler said. “People may think they are just tired, but they may need to stop, cool down and get out of the sun. We encourage everyone to listen to their bodies and not wait until they feel overwhelmed.”

Knox County Hospital District also encourages residents to check on older adults, young children and people who may live alone. Neighbors, friends and family members can make a difference by calling or stopping by to make sure someone has working air conditioning, enough water and a safe place to cool down during the hottest part of the day.

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Knox County Hospital District
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Children and pets should never be left unattended in vehicles, even for a short time. Temperatures inside a parked vehicle can rise quickly, and cracking the windows does not make a vehicle safe. Residents also should be cautious when buckling children into car seats, touching metal surfaces or allowing pets to walk on pavement that may be too hot for their paws.

Summer heat can be especially challenging for people with chronic health conditions or those who take medications that may affect how their bodies respond to heat. Patients with questions about their personal health, medications or activity level should contact their medical provider for guidance.

Kuehler said community awareness is especially important in rural areas, where people may be working on farms, ranches, job sites or home projects with limited shade nearby.

“In a rural community, we know people work hard and often spend long hours outdoors,” Kuehler said. “We also know neighbors look out for one another. Taking a few minutes to check on someone, offer water or remind a loved one to take a break is a simple act of care that can help keep our community safer.”

Knox County Hospital District reminds residents that heat safety does not mean avoiding all outdoor activities. It means being prepared, staying aware and knowing when to slow down. With simple steps, families can reduce risks while continuing to enjoy summer activities across Knox County.

“Summer should be enjoyed,” Kuehler said. “Our message is simple: plan ahead, stay hydrated, take breaks and look out for one another. Those small precautions can help prevent a serious situation.”

For non-emergency medical questions, residents may call Knox City Clinic at 940-657-3906 or Munday Clinic at 940-422-5271. Anyone experiencing a medical emergency should call 911 or go to the nearest emergency department.

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.