



Press Release
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Snakebite Awareness Important During Hot July Weather

Knowing what to do after a snakebite can help protect families, workers and outdoor enthusiasts.

KNOX CITY, Texas (July 10, 2026) – As July brings extreme heat, warm evenings and the possibility of summer storms, Knox County Hospital District is encouraging residents to stay alert for snakes while working, walking, hiking, clearing brush or enjoying time outdoors.

The forecast for early July includes several days near or above 100 degrees, followed by chances for showers and thunderstorms. In hot climates like Texas, snakes often avoid the most intense heat of the day and may be more active in the early morning, evening or nighttime. Weather changes also can increase outdoor encounters as people, pets, rodents and snakes move through yards, pastures, wood piles, shaded areas and other outdoor spaces.

“Snakebites often happen when someone does not realize a snake is nearby, or when someone tries to move, handle or kill the snake,” said Chris Scott-FNP of the Munday Clinic. “The safest response is to give the snake plenty of space and seek medical help immediately if a bite occurs.”

According to the Centers for Disease Control and Prevention, an estimated 7,000 to 8,000 people are bitten by venomous snakes in the United States each year, and about five people die. Prompt medical care greatly improves the chance of recovery and helps reduce serious complications.

Snakebite symptoms can vary depending on the type of snake, the location of the bite and the amount of venom involved. Common signs may include puncture marks, redness, swelling, bruising, severe pain, nausea, weakness, sweating, trouble breathing, numbness or tingling.

“Do not wait to see if symptoms get worse,” Scott said. “Call 911 or go to the nearest emergency department. Even when a bite does not become life-threatening, it can still cause serious tissue damage, infection or other medical concerns.”

If possible, a person who has been bitten should try to remember the snake’s color, shape or pattern from a safe distance. However, residents should not attempt to catch or kill the snake, and they should not risk a second bite trying to take a photo.

The CDC recommends several important steps after a snakebite. Get medical help right away. Stay as calm and still as possible. Remove rings, watches or tight clothing before swelling begins. Wash the bite area gently with soap and water, if available. Keep the affected area below heart level while waiting for emergency assistance.

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There also are several things residents should not do. Do not apply a tourniquet. Do not cut the wound. Do not try to suck out venom. Do not apply ice or immerse the bite in water. Do not drink alcohol or caffeine. These steps can make the injury worse or delay appropriate treatment.

Prevention is the best protection. Residents are encouraged to wear boots and long pants when walking through tall grass, brush or areas where snakes may hide. Use a flashlight when walking outside at night. Keep hands and feet out of places that cannot be clearly seen, including wood piles, rock piles, storage areas, sheds and heavy vegetation.

Around the home, reducing clutter and keeping grass trimmed can help remove places where snakes and rodents may hide. Pet food, bird seed and trash should be stored properly because they can attract rodents, which may attract snakes. Children should be taught not to touch snakes, even if the snake appears dead.

“Most snakes would rather avoid people,” Scott said. “The problem usually happens when people step too close, reach into hidden areas or try to handle the snake. A little caution can make a big difference.”

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

To learn more about local healthcare services available through Knox County Hospital District, please call 940-657-3535 or 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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