



Press Release
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Tips for a Safe and Enjoyable Labor Day Weekend

RCHD reminds the community to consider health and safety this holiday weekend.

Pecos, Texas (Aug. 31, 2020) – Labor Day weekend is an opportunity to take a break from work and enjoy the last days of summer with friends and family. As the community prepares for outdoor cookouts and afternoons in the water, Reeves County Hospital District is reminding everyone to take steps to protect their health and safety.

“Labor Day weekend is a great chance to have fun and relax outdoors,” said Dr. James Tarin, Family Practice, at Pecos Valley Rural Health Clinic, a service of Reeves County Hospital District. “It is important to take a few safety precautions and to remember that COVID-19 remains a threat to our health in the community. Being cautious can help protect you and your family.”

State officials have warned that COVID-19 remains a threat throughout Texas as the number of new cases remains high. According to the Texas Department of State Health Services, nearly 600,000 Texans have been infected with the illness, which has claimed the lives of more than 11,250 people across the state.

Continuing to practice social distancing is key to reducing the spread of the illness. Everyone is encouraged to avoid large group gatherings and to wear masks when in public.

“Wearing a mask has been shown to help prevent the spread of COVID-19,” Dr. Tarin said. “When you wear a mask, you are not only protecting yourself, but you are also protecting the most vulnerable in our community.”

Stay cool in the heat

The weather remains hot in the community, which is why avoiding the heat of the day and being aware of heat exhaustion is key to protecting yourself and others.

While it is commonly recommended that individuals drink at least eight eight-ounce glasses of water daily, it is especially important when participating in activities outdoors in the hot Texas sun. Heat exhaustion and dehydration can occur quickly, so staying cool and drinking plenty of fluids can help keep your body from overheating.



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Although water is ideal, sports drinks with electrolytes may also be useful for people participating in vigorous activities such as sports. Coffee, sodas, and juices are not recommended due to high sugar content.

Don't let foodborne illness spoil your meal

Many Reeves County residents will be enjoying backyard cookouts this weekend. With the warm heat still upon us, foodborne illness can be a threat. To prevent foodborne illnesses, always ensure the food your friends and family eat are both prepared and stored properly. Food can spoil quickly when not refrigerated.

Do not leave uncooked meats out of refrigeration for too long and ensure they are thoroughly cooked. 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.

Avoiding accidents when near water

Cooling down at the lake or by the pool is a great way to enjoy time outdoors. However, it is important to always supervise children near water to avoid drowning incidents. A drowning can occur in as little as 30 seconds. Because it is not always obvious when a child is drowning or struggling in the water, constant supervision is necessary.

It is estimated that more than 3,400 fatal unintentional drownings occur each year in the U.S., with as much as three percent occurring right here in Texas.

When boating, always check that there are enough life preservers for each person in the boat.

“Taking a few steps to protect your health and safety can ensure an enjoyable holiday weekend,” Dr. Tarin said. “If the unexpected happens, take comfort knowing that healthcare services are always right around the corner.”

The Pecos Valley Rural Health Clinic will be closed on Labor Day (September 7). Normal hours will resume on Tuesday, September 8. The emergency room will remain open 24 hours a day.



To learn more about local healthcare services or to schedule an appointment at the Pecos Valley Rural Health Clinic, please call 432-447-0565.

About Reeves County Hospital District

Reeves County Hospital District (RCHD) provides healthcare services for people in Reeves County and neighboring communities in West Texas. Founded in 1954, RCHD, a Level IV Trauma Center, offers a wide variety of medical services, including emergency care, diagnostic radiology, physical therapy, general surgery, a clinical laboratory and more. RCHD also operates American Home Health and Hospice and the Pecos Valley Rural Health Clinic, which offers family care, immunizations and other medical services. For more information, please visit www.reevescountyhospital.com.

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