



Reeves County
Hospital District

Press Release
FOR IMMEDIATE RELEASE

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Health and Safety Tips for Memorial Day Weekend

RCHD encourages safety on the roads and at barbecues during holiday.

PECOS, Texas (May 23, 2022) – Memorial Day weekend is a time to reflect and a time to gather with friends and family. It is also a time of year when many choose to travel and spend time outdoors. With the warm weather and holiday weekend upon us, Reeves County Hospital District is encouraging families of the region to keep their health and safety in mind.

“Memorial Day weekend is a great opportunity to spend time with loved ones, but it also marks a time of elevated safety risks,” said Sandra Anim, NP at the Pecos Valley Rural Health Clinic, a service of Reeves County Hospital District (RCHD). “A little caution and preparedness can ensure you and your family enjoy the holiday and the coming summer months.”

Stay cool in the heat

It’s hot out! When the sun is shining, skin protection is a must. Avoid direct sunlight during the heat of the day and always wear plenty of sunscreen whenever going outdoors. Reapply sunscreen every 2 hours while outdoors.

It is recommended that individuals participating in outdoor festivities drink plenty of water and consume fresh fruits and vegetables to avoid dehydration. Sports drinks with electrolytes may also be useful for people participating in vigorous activities. Finding shade under trees or umbrellas is also recommended for picnics.

Be safe around the grill

For many Texans, Memorial Day weekend marks the official beginning of grilling season. If you are preparing to fire up the grill for the first time this year, make sure your grill or smoker is ready and in good condition.

According to the National Fire Protection Association, fire departments respond to an average of 9,600 fires related to grills, hibachis or barbecues.

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Inspect propane fuel lines for leaks and make sure to clean the grill of grease. It is also important to keep grills and smokers away from buildings, trees and other flammable items.

“There are few things Texans love more than grilling with friends and family,” Anim said. “But it’s important to remember to be cautious so you can reduce the risk of fire or injury.”

Reduce the risk of foodborne illness.

Food poisoning can take the fun out of any family gathering. Fortunately, a few simple precautions can reduce the risk.

Frequent hand washing can help prevent cross-contamination. This is especially important when handling raw meat and poultry. Make sure to keep surfaces clean and always use a designated cutting board for meat to reduce the risk of contaminating other foods.

The hot weather can cause food to spoil quickly. Make sure perishables are covered and kept on ice or refrigerated. Foods should not be left out more than an hour.

“Many people are surprised to learn how quickly foodborne pathogens can grow, especially in the heat,” Anim said. “Being cautious and storing foods properly can help you avoid getting sick.”

Be a cautious driver.

Holiday weekend traffic raises the risk of accidents on the roads. No matter if you’re traveling nearby or across the nation, always be prepared by making sure your vehicle is up-to-date on all regular maintenance and inspections.

If attending holiday parties, remember to have a designated driver if you will be consuming alcohol. Know your limits, and consider making alternate travel arrangements if necessary.

“We want you to spend time with your friends and family this weekend, not with us in the emergency room,” Anim said. “Planning ahead and thinking about your health and safety can help protect you and your family.”

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To learn more about local healthcare services or to find a provider, visit www.reevescountyhospital.com or call 432-447-3551 to schedule an appointment.

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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