



**Reeves County**  
Hospital District

**Press Release**  
**FOR IMMEDIATE RELEASE**

**Media Contact**  
Venetta Seals | [rhcared@rchd.care](mailto:rhcared@rchd.care)  
(432) 447-3551, ext. 6350

## **Stay Cool During the Hot Weather to Protect Your Health**

*RCHD urges community to be cautious in the heat and sun.*

PECOS, Texas (May 30, 2022) – The mercury is rising in Reeves County, and that means fun in the sun – and also increased health risks due to sun exposure and hot temperatures. To protect yourself and your family, Reeves County Hospital District is reminding everyone to be aware of heat-related issues.

“We are fortunate to have beautiful sunny skies in Reeves County, but it is important to keep your health and safety in mind,” said Brandi Eakin, PA at the Pecos Valley Rural Health Clinic, a service of Reeves County Hospital District (RCHD). “Taking breaks from the heat and protecting your skin can help you stay safe as the temperatures soar.”

Heat exhaustion is among the biggest risks during the warm months and remains a common reason why many people visit the emergency room in the summer. Eakin said that it is easy to underestimate how serious excessive heat exposure can be and how fast it can become dangerous.

Symptoms of heat exhaustion can include confusion, tiredness and in some cases seizure. When a person experiences heat exhaustion he or she should stop their activity and move to a cool location. Water or sports drinks should be used to help rehydrate.

Although anyone can experience heat exhaustion, those most at risk are seniors, babies and young children, those with certain health conditions such as heart disease or diabetes, and those who exercise outdoors, according to the Centers for Disease Control and Prevention.

“Signs of heat exhaustion are not always obvious at first,” Eakin said. “That is why it is important to keep a close eye on friends and loved ones who are outdoors. They may not notice they are experiencing heat exhaustion, which is why keeping an eye on each other is so important.”

Sweating is a natural method the body uses to cool internal temperatures, but it also results in the loss of large amounts of body fluids, which sometimes leads to dehydration.

**MORE**



**Stay Cool During the Hot Weather to Protect Your Health**

**Page 2**

Consuming water or sports drinks can help combat exhaustion and keep the body hydrated. Individuals should limit the intake of beverages such as soft drinks, coffee and alcohol, all of which can cause the body to excrete extra fluids and dehydrate more quickly.

When heat exhaustion is not addressed, it can progress to heat stroke, an even more serious condition and is considered a medical emergency. Symptoms can include nausea, seizures, confusion, disorientation, and loss of consciousness. Individuals suffering from these symptoms should seek immediate emergency care.

Sunny days in Texas are popular times for barbecues and outdoor activities, but prolonged sun exposure can increase the risk of skin cancer. Melanoma affects millions of Americans, making it the most common form of cancer in the country. The Centers for Disease Control and Prevention reports that nearly 5 million people are treated for skin cancer each year. This disease is dangerous and potentially deadly. Fortunately, there are many ways to reduce the risk of developing it.

According to Eakin, everyone should apply sunscreen of SPF 30 or higher before going outside. To avoid the heat of the day and most direct sun exposure, it is also recommended that you avoid the sun between 11 a.m. and 4 p.m. While outdoors, seeking shade and wearing light-colored clothing, sunglasses and a hat can also reduce direct sun exposure.

“It is a great time of year when we all want to enjoy time outdoors,” Eakin said. “But it is important to remember that we live in a very warm climate, and that comes with certain risks. Knowing your limits and looking out for each other can ensure a fun and healthy summer.”

If you suspect that you or someone you know is showing signs of heat exhaustion, call the Pecos Valley Rural Health Clinic at 432-447-0565, head to the RCHD Emergency Room or call 911.

To learn more about local healthcare services or to find a provider, visit [www.reevescountyhospital.com](http://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](http://www.reevescountyhospital.com).

###