



Press Release
FOR IMMEDIATE RELEASE

Media Contact
Venetta Seals | rhcacares@reevesregional.com
432-447-3551 ext. 2243

Stay Healthy and Safe This Labor Day Weekend

Reeves Regional Health shares wellness reminders for a fun and worry-free holiday

Pecos, TX – August 2025 – Labor Day weekend brings the unofficial close of summer, a time when families across West Texas gather for cookouts, road trips, and outdoor fun. Reeves Regional Health encourages residents to celebrate safely by keeping health and wellness top of mind.

“Labor Day is an opportunity to pause and enjoy time with friends and family while honoring the hard work that sustains our community,” said Brenda McKinney, CEO of Reeves Regional Health. “But it’s also a weekend when travel, heat, and holiday gatherings can pose health risks. A little preparation can go a long way in ensuring your holiday is filled with happy memories.”

Stay Hydrated and Beat the Heat

Late-summer temperatures in West Texas can climb quickly, and dehydration is one of the most common causes of holiday health issues. Even mild dehydration can cause headaches, fatigue, and confusion, while prolonged exposure to heat can lead to heat exhaustion or heat stroke.

“Don’t wait until you feel thirsty to drink water,” McKinney noted. “Make hydration a priority throughout the day, especially for children, older adults, and anyone active outdoors.”

Simple steps include:

- Keeping a reusable water bottle handy at all times.
- Alternating between water and electrolyte drinks if you are exercising, working outside, or attending a long outdoor event.
- Taking frequent breaks in shaded or air-conditioned spaces.

Food Safety First

Cookouts, barbecues, and potlucks are hallmarks of the holiday, but they can also increase the risk of foodborne illness. To avoid food poisoning:

- Keep raw meats separate from ready-to-eat foods.
- Refrigerate or chill perishable items until you are ready to serve them.

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- Follow the “two-hour rule” for perishable foods, or just one hour if the temperature is over 90°F.
- Use a food thermometer to ensure meats are cooked to safe internal temperatures.

“Food safety isn’t about being picky—it’s about protecting your loved ones,” McKinney said. “Nobody wants their holiday weekend cut short by food poisoning that could have been prevented.”

Travel Smart

Labor Day is one of the busiest weekends for road travel, and with more drivers on the highway comes a higher risk of accidents. Reeves Regional Health encourages families to practice safe driving habits:

- Always wear seat belts.
- Avoid distractions such as texting or eating while driving.
- Never drive under the influence of alcohol or drugs.
- Allow extra travel time to avoid rushing.

“Holidays should end with good memories, not accidents,” McKinney emphasized. “Safe driving protects not just your family, but everyone else on the road.”

Watch for Heat-Related Illness

Prolonged sun exposure can turn dangerous quickly. Know the signs of heat exhaustion and heat stroke:

- **Heat exhaustion:** dizziness, nausea, heavy sweating, and weakness.
- **Heat stroke:** confusion, high body temperature, and loss of consciousness.

If you or someone you’re with shows symptoms, move indoors or into shade, cool down with cold water or ice packs, and seek medical care immediately if symptoms are severe.

Drink Responsibly

Alcohol is often part of Labor Day festivities, but moderation is essential. Alcohol not only impairs judgment but also dehydrates the body—compounding risks when paired with high temperatures.

McKinney advised: “If you choose to drink, alternate with water, avoid binge drinking, and never get behind the wheel. A designated driver is always the safest choice.”

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Keep Active, But Stay Safe

Holiday weekends are a great time to catch up on outdoor activities, but it's important to be mindful of limits. Take breaks, wear sunscreen, and use protective gear like helmets for biking or ATV riding. Even light activities such as walking or yard work can improve health when done safely.

"Movement is good for the body, but safety should never take a holiday," McKinney said.

Enjoy Healthy Holiday Eating

Celebrations often come with heavy meals and sugary treats, but making a few swaps can keep your weekend healthier without sacrificing flavor. Choose fresh fruit such as watermelon or peaches instead of cupcakes, and crisp veggies instead of chips. Grill lean meats like chicken or fish alongside burgers for variety.

"Labor Day doesn't have to derail your nutrition goals," McKinney said. "With a few smart choices, you can enjoy the food and still feel good afterward."

Reeves Regional Health: Here if You Need Us

Reeves Regional Health encourages prevention first, but if health concerns do arise, care is close to home. The Emergency Department remains open 24/7 throughout the holiday. The Saturday Clinic at Reeves Regional Rural Health Clinic will be open as usual on Saturday, August 30. Please note that the Clinic and hospital ancillary services will be closed on Labor Day, Monday, September 1, with normal hours resuming on Tuesday, September 2.

"Labor Day is about community, strength, and gratitude," McKinney said. "Our team is honored to serve Pecos and surrounding areas every day of the year. Stay safe, enjoy the holiday, and know we're here if you need us."

About Reeves Regional Health

Reeves Regional Health (RRH), formally known as Reeves County Hospital District, provides healthcare services for Reeves County and neighboring West Texas communities. Founded in 1954, RRH, a Level IV Trauma Center, offers various medical services, including emergency care, diagnostic imaging, physical therapy, general surgery, a clinical laboratory, and more. RRH also operates Reeves Regional Home Health and Hospice and Reeves Regional Rural Health Clinic. In November 2022, RRH began serving patients from a new \$115 million, 140,000-square-foot campus. For more information, please visit www.reevesregional.com.

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