



Press Release
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Media Contact
Anallency Ramirez | rchcares@reevesregional.com
432-447-3551 ext. 1120

Reeves County Residents Encouraged to Stay Heat Aware

Reeves Regional Health shares summer reminders as West Texas moves into July

PECOS, Texas (June 29, 2026) — After a week of intense summer heat across Reeves County, Reeves Regional Health is encouraging residents to continue making safety a priority as West Texas moves into the Fourth of July weekend and the weeks ahead.

While some cooling is in the forecast compared to recent temperatures, summer heat remains an important concern across the region. Long afternoons, outdoor work, travel, cookouts, youth activities and holiday gatherings can all increase the amount of time residents spend in the sun and heat.

“Summer is part of life in West Texas, and so are family gatherings, outdoor work and community celebrations,” said Brenda McKinney, CEO of Reeves Regional Health. “Our message is simple: enjoy the season, but plan ahead. A few basic precautions can help make the holiday weekend and the rest of the summer safer for everyone.”

McKinney said heat safety begins with awareness. Residents are encouraged to watch the forecast, plan outdoor activities for cooler parts of the day, drink water regularly, take breaks in shaded or air-conditioned areas and check on family members, friends and neighbors who may need extra support.

“It can be easy to underestimate the heat when we are busy or when we have several errands, events or responsibilities in one day,” McKinney said. “We want people to slow down when needed, give themselves time to cool off and remember that heat can affect anyone.”

Children, older adults, outdoor workers, athletes and people who may not have dependable access to air conditioning can be more vulnerable during extended periods of summer heat. Reeves Regional Health encourages families to think ahead when planning activities, especially during the hottest parts of the afternoon.

Simple steps can make a difference. Residents can carry water when leaving home, wear lightweight clothing, use sunscreen, wear sunglasses or hats when appropriate, and limit strenuous activity during the hottest part of the day. For those working outside, frequent breaks and access to shade or cooler areas are especially important.

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Hydration is another key part of summer safety. Reeves Regional Health encourages residents to drink water throughout the day rather than waiting until they feel thirsty. During holiday gatherings or outdoor events, residents also should be mindful that alcohol and too much caffeine can contribute to dehydration.

“The Fourth of July weekend often brings a change in routine,” McKinney said. “People may be traveling, hosting guests, attending events or spending more time outdoors than usual. That makes it even more important to plan ahead and look out for one another.”

Vehicle safety also remains important during summer months. Children, older adults, people with disabilities and pets should never be left alone in a parked vehicle, even for a short time. Temperatures inside a vehicle can rise quickly, creating dangerous conditions within minutes.

Reeves Regional Health also reminds residents that a quick check-in can be meaningful during hot weather. A phone call, text message or visit to an elderly neighbor, a relative who lives alone or someone without reliable cooling can help identify needs before they become more serious.

“Community care is part of who we are,” McKinney said. “Sometimes helping someone through a hot day is as simple as asking if they are doing OK, making sure they have water or helping them find a cooler place to rest.”

As the summer continues, Reeves Regional Health encourages residents to use good judgment, follow local weather updates and seek help when needed. Anyone with an urgent health concern should call 911 or go to the nearest emergency department.

For non-emergency health concerns, residents may contact Reeves Regional Rural Health Clinic at 432-447-0565.

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