



Press Release
FOR IMMEDIATE RELEASE

Media Contact
Anallency Ramirez | rhcacares@reevesregional.com
432-447-3551 ext. 1120

Labor Day Weekend Safety Starts with a Little Planning

Reeves Regional Health encourages families to enjoy the holiday safely

PECOS, Texas (August 31, 2026) — Labor Day weekend offers an opportunity to enjoy time with family and friends, whether that means a backyard cookout, a picnic, time at the swimming pool or simply relaxing at home. Reeves Regional Health encourages residents to make safety part of their holiday plans and to take a few simple precautions that can help prevent injuries and illness.

“Labor Day is a time to recognize the people whose hard work and dedication help make Pecos, Reeves County and West Texas strong,” said Brenda McKinney, CEO of Reeves Regional Health. “We hope everyone has the opportunity to enjoy the holiday weekend safely with family and friends.”

Although September marks the unofficial end of summer, West Texas temperatures can remain high. Anyone spending extended time outdoors should continue to take heat precautions. Drinking plenty of water, taking regular breaks in the shade or air conditioning and avoiding strenuous activity during the hottest part of the day can help reduce the risk of heat-related illness.

Children, older adults and individuals with certain health conditions may be especially sensitive to high temperatures. Warning signs such as dizziness, headache, nausea, weakness, excessive sweating or confusion should not be ignored.

Food safety is another important part of holiday planning, particularly when meals are being prepared or served outdoors.

“Food can spoil quickly when it is left outside in hot weather,” said McKinney. “Cold foods should be kept cold, meats should be cooked thoroughly and perishable foods should not be left sitting out for long periods. Using a cooler with plenty of ice or cold packs is a simple way to help keep food safe.”

Raw meats should be stored separately from foods that are ready to eat, and plates or utensils that have touched uncooked meat should not be reused for cooked food unless they have been thoroughly washed. Hands should also be washed before and after handling food.

Anyone using an outdoor grill should place it in a well-ventilated area away from buildings, vehicles and dry vegetation. Children and pets should be kept away from the cooking area, and grills should never be left unattended while in use.

MORE



Labor Day Weekend Safety Starts with a Little Planning

Page 2

Swimming pools are another popular place to gather during a holiday weekend. Close supervision is one of the most important steps families can take to prevent accidents around the water.

Children should never be left unattended near a pool, even for a short period of time. Less experienced swimmers should remain within easy reach of a responsible adult, and running or rough play around the pool should be discouraged. Adults should also remember that alcohol can affect judgment, coordination and reaction time around pools and other recreational activities.

Travel is another consideration during Labor Day weekend. Drivers should wear seat belts, allow extra time to reach their destinations, avoid distractions and never drive after drinking alcohol or using anything that could impair their ability to drive safely.

“Many holiday injuries are preventable,” McKinney said. “Taking a few moments to think about food preparation, the heat, swimming, grilling and safe driving can make a real difference. If an accident or serious medical problem does occur, people should not delay seeking care when they need it.”

Residents should also be aware of Reeves Regional Health’s holiday schedule.

The Reeves Regional Rural Health Clinic and Reeves Regional Hospital Ancillary Department will be closed Monday, September 7, in observance of Labor Day. Normal clinic and the ancillary department hours will resume Tuesday, September 8.

The Reeves Regional Rural Health Clinic Saturday Clinic will be open Saturday, September 5, from 9 a.m. to noon, providing an opportunity for patients who may need care before the holiday.

The Reeves Regional Health Emergency Department will remain open 24 hours a day, seven days a week throughout the Labor Day weekend.

“Our emergency department is always available for medical emergencies, including holidays,” McKinney said. “If someone is experiencing a serious injury, difficulty breathing, chest pain, symptoms of a stroke or another potentially life-threatening condition, they should seek emergency care immediately.”

Minor cuts, scrapes, burns and other injuries can also occur during outdoor gatherings. Keeping a basic first-aid kit nearby and knowing where it is stored can be helpful. Any injury that is severe, does not stop bleeding, involves a significant burn or raises concern about a person’s overall condition should receive prompt medical attention.

MORE

Reeves Regional Health

2349 Medical Drive. | Pecos, TX 79772 | 432-447-3551 | www.reevesregional.com



Labor Day Weekend Safety Starts with a Little Planning

Page 3

McKinney said Reeves Regional Health is proud to serve area residents throughout the year and appreciates the contributions of the people who work throughout the region.

“Labor Day is about the people whose work makes our communities stronger,” McKinney said. “From everyone at Reeves Regional Health, we wish our neighbors throughout Pecos, Reeves County and West Texas a safe, relaxing and enjoyable Labor Day weekend.”

About Reeves Regional Health

Reeves Regional Health (RRH), a non-profit Level IV Trauma Center in Pecos, Texas, has been caring for Reeves County and surrounding West Texas communities since 1954. In 2022, the hospital opened its new facility, combining modern technology with the warmth of hometown care. In 2025, RRH was recognized as one of the Top 100 Critical Access Hospitals nationwide and also earned National Recognition as a Center of Excellence in Surgical Safety by the Association of periOperative Registered Nurses (AORN).

Our Mission and Vision: We are committed to exceptional care through servant leadership and strive to be the trusted beacon of health in our region—enhancing quality of life through innovation, compassion, and excellence. Guided by our WECARE values—Wellness, Excellence, Compassion, Accountability, Respect, and Equality—we put patients and families at the heart of everything we do.

###