1. The pandemic has been going on for nearly a year, and staying safe at home may present challenges to a consistent healthy diet when boredom causes endless snacking. March is Navy and Marine Corps Public Health Center’s Healthy Eating Month. Find tips and learn more about healthy nutrition and its role in a healthy lifestyle at go.usa.gov/xE9G8.

2. Opioid-related deaths in US children and adolescents have increased almost threefold in recent years. Safe storage of prescription drugs and other potentially harmful items can help protect children from poisoning, but in case of an accidental ingestion, remember the National Poison Control Center’s phone number: 1-800-222-1222.

3. Navy Personnel Command (NPC) has launched its new website, so update your bookmarks to keep all the useful information you need right at your fingertips. Check out the new site at www.MyNavyHR.navy.mil to connect with the Drug Detection and Deterrence program, plus other 21st Century Sailor office programs.

4. A supplement may be labeled as "military grade," but that doesn’t mean it’s 100 percent safe for service members. Operation Supplement Safety provides service members and their families with helpful information about dietary supplements and which ones are prohibited by DoD. Learn more at opss.org.

Ensuring that the body retains heat in cold temperatures is vitally important. Losing heat faster than the body can produce it causes a condition known as hypothermia. A normal body temperature is around 98.6°F (37°C), but when it falls to 95°F (35°C), hypothermia occurs. In this condition, the nervous system and organs cannot function normally, and if untreated can cause heart failure and death.

Risk factors for hypothermia include not wearing appropriate clothing in cold weather, wet clothing (either from rain, snow, or sweat), being in water colder than body temperature, or even living in a house that is too cold from lack of heating or too much air conditioning. The risk for hypothermia increases markedly when we consume alcohol and certain drugs.

As mammals, humans regulate their own body temperature through internal physiological processes. Alcohol interferes with them. A series of experiments with rats showed that when exposed to either a warmer or colder environment, rats given alcohol experienced a greater drop in body temperature than normal in cold temperatures and a greater increase in body temperature in warm ones. Alcohol disrupts physiological mechanisms for regulating body temperatures, resulting in poikilothermia, or the inability to thermoregulate. Alcohol also causes blood vessels to expand, resulting in a feeling of warmth and, hence, poor judgment of appropriate clothing or the need to go indoors in cold conditions.

Certain drugs also disrupt the body’s ability to thermoregulate, including antidepressants, antipsychotics, narcotic pain medications and sedatives. A meta-review of articles involving various prescription antipsychotic medications showed hypothermia as a common side effect, particularly in the first seven to ten days after introduction or a change in dosage. Infants exposed to these medications in utero are also at heightened hypothermia risk.

**Preventing Hypothermia**

The acronym COLD can help you remember tips for avoiding hypothermia.

- **Cover:** Wear a hat, gloves or mittens, and keep as much skin covered as possible.
- **Overexertion:** Avoid activities that cause excessive sweating. Wet skin causes the body to lose heat much faster.
- **Layers:** Lightweight layers including outerwear that is tightly woven and water-repellent and inner layers of wool, silk, or polypropylene will hold body heat best.
- **Dry:** Get out of wet clothes as quickly as possible and be careful of getting snow in boots or mittens.

In addition to keeping your body warm and dry, avoid alcohol if you’re going to be outside in cold weather, while boating, or before going to bed on a cold night. When beginning new medications or adjusting the dosage of current medications, talk to your doctor about side effects that may increase your risk of hypothermia.
NEW NPC WEBSITE

Navy Personnel Command (NPC) launched a new website on February 15, available at www.MyNavyHR.navy.mil. The migration to the new, more modernized site is optimized for navigation via mobile device, and better integrates with navy.mil, other MyNavyHR sites and the Defense Visual Information Distribution Service (DVIDS) site.

The old www.NPC.navy.mil site currently redirects there. Visitors to the site can connect with the 21st Century Sailor office, find NAVADMINs and ALNAVs and learn about uniform regulations, just as they were able to access on the old NPC website. Other features of the site include information on boards, detailers and resources regarding personnel and pay. The content available on the new site will not only be useful to Sailors but to spouses and family members as well.

Old URLs will no longer be active, so bookmarks as well as email signature links to pages, messages or instructions hosted on the old NPC site should be updated to facilitate ease of access to this useful information.

Find the new Drug Detection and Deterrence site at www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/. From there, you can access information on the DEFY program, sample letters, drug-related policy, IFTDTL and NDSP and the current webinar schedule.

Please be aware that some links on MyNavyHR sites may not function correctly at this time, but the technical support team and webmasters are working diligently to resolve all issues related to site access.

CURRENT & UPCOMING EVENTS

MARCH DDD WEBINARS
Each webinar is scheduled for 1000-1130 CT and 1700-1830 CT.

4—SURFOR (LANT&PAC) Dialogue/Addressing Issues Involving the Portal & WebDTP
11—ADMITS Update/Documentation
18—IFTDTL First Time Users Guide
25—AIRFOR (LANT&PAC) Dialogue/Addressing Issues Involving the Portal & WebDTP

Learn more and stay up-to-date by visiting www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/

ADAMS FOR LEADERS & DAPA COURSES
Can be accessed using your CAC by logging in to Catalog of Navy Training Courses (CANTRAC) at app.prod.cetars.training.navy.mil/cantrac/vol2.html

NMCPHC HEALTHY EATING MONTH
March
Find the toolbox at go.usa.gov/xE9G8.

NATIONAL POISON PREVENTION WEEK
March 21-27
Learn more at poisonhelp.hrsa.gov.

ONLINE UPC COURSE UNAVAILABLE

The Urinalysis Program Coordinator (UPC) training course has been removed from MyNavy Portal due to its use of Adobe Flash. Adobe no longer supports Flash Player and has blocked Flash content from running in Flash Player. The ADAMS for Leaders and DAPA courses are still available via Catalog of Navy Training Courses (CANTRAC) since the UPC training was removed, there is currently no course available; however, the Center for Service Support (CSS) is developing a PowerPoint training for use in the interim as they also work to convert the UPC course and other courses previously using Flash to HTML5 format.

Once the course conversion is complete, the training will be accessible on the Navy e-Learning platform. The timeline for this process is unknown at this time, but stay connected with the Drug Detection and Deterrence program for updates. Visit online at www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/.

WE' RE LIVE!!!

NPC.NAVY.MIL IS NOW MYNAVYHR.NAVY.MIL

WHAT'S NEW
• Fresh New Look
• Optimized for Mobile use
• Increased integration with Navy.mil
• Remains your home for NAVADMINs, Uniform Regulations, 21st Century Sailor, Board info, Detailing, MNGC, and much more...

DON'T FORGET TO UPDATE YOUR OLD NPC.NAVY.MIL BOOKMARKS!