1. Memorial Day marked the unofficial start of summer and the beginning of the 101 Critical Days of Summer. Learn tips about how to stay safe during the summer months at navalsafetycenter.navy.mil.

2. Dehydration is a big concern in the summer, especially with these extra high temps. Drink plenty of water and sports drinks—not to be confused with energy drinks which can increase dehydration risk—and avoid excessive alcohol to keep your body at its optimal hydration level when spending time outdoors. Happy Summer!

3. Every Sailor is responsible for avoiding prohibited substances. If purchasing snacks, drinks, lotions, creams, cigarettes, or any other consumable or topical product, always check the ingredients. Avoid any products containing hemp, CBD or THC, no matter what kind. Popping positive can put you at risk of separation and loss of current and future Navy benefits.

4. Navy’s zero tolerance policy is pretty universally known, but maybe you have some questions about some of the specifics. What should I know about prescriptions? Is non-THC CBD cool to use? What if I need help with a problem? Find answers from Too Much to Lose, the DoD campaign educating Service members on facts and risks of substance misuse. Find it at toomuchtolose.org.

For help with a substance or alcohol use issue, contact your local DAPA, or call 1-866-U-ASK-NPC.
CURRENT & UPCOMING EVENTS

JULY DDD WEBINARS
Each webinar is scheduled for 1000-1130 CT and 1700-1830 CT.
7/7 — Navy Drug Screening Lab
7/14 — DAR Submissions
7/21 — SARP Process
7/28 — NCIS Brief ( Threat Assessment)

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

NMCPHC SAFETY MONTH
July
Find the toolbox at go.usa.gov/xJPc2.

INDEPENDENCE DAY
July 4
For more information about fireworks safety, visit cpsc.gov/fireworks.

101 CRITICAL DAYS OF SUMMER
Continues through Labor Day Weekend
For more information, visit navalsafetycommand.navy.mil

BE AWARE OF INGREDIENTS
With the summer under way and more Service members likely to be on the roads, there will be plenty of gas station stops to get snacks and other things needed for the long car rides. Always be aware of the ingredients in any items purchased. It’s easy to find products such as candy, drinks, and even chips that contain prohibited ingredients like cannabidiol (CBD) and tetrahydrocannabinol (THC). No matter what type of THC, it is off limits for Sailors and other Service members, as are all hemp-derived products.

In addition to snacks, you may also find “alternative” cigarettes at gas stations and other stores. They may be labeled as “nicotine-free,” but in some cases they could also contain CBD or THC. And if traveling to visit buddies, especially in states with legal recreational marijuana, always ask what’s in the brownies or cookies to make sure there is no cannabis. The same applies to using a friend’s vape. You never know what it could be, so it’s always best to check first. It is every Sailor’s responsibility to know what is in the products being consumed.

COMPLETE END OF YEAR TESTING
In order to meet mandatory minimum testing requirements, OPNAVINST 5350.4E instructs commands to conduct an “end of fiscal year unit or sub-unit sweep of any individual not tested during the fiscal year to ensure all Navy personnel assigned to Navy UIC have been tested at least once annually.” Each command is required to conduct this using the unit sweep (IU) premise code. Only samples that have been successfully reported with a positive or negative result count towards this requirement.

With limited exception, 100 percent of Navy personnel still in the Navy as of 30 September should have been tested at least once during the corresponding fiscal year.

The table below from ADMITS shows the number of active duty and reserve members assigned, tested, and not tested:

<table>
<thead>
<tr>
<th>Component</th>
<th>Assigned</th>
<th>Tested</th>
<th>Untested</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active Duty</td>
<td>336,672</td>
<td>263,392</td>
<td>73,280</td>
</tr>
<tr>
<td>Reserve</td>
<td>60,986</td>
<td>34,628</td>
<td>26,358</td>
</tr>
</tbody>
</table>

There are three ways to ensure all members have been tested during the fiscal year:

- Conduct a command-wide unit sweep (IU premise code),
- Use the annual compliance tool in the IFTDTL results portal, or
- Use WebDTP to identify members in the “FY Untested Members” pool and test all of those identified members.

Time is running out. Use one of the above means to ensure testing of all command personnel.

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