



The Critical 101 Days of Summer

Celebrate Independence Safely & Substance-Free

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THE JULY 4TH CELEBRATION OF FREEDOM AND UNITY.

Freedom comes with responsibility! Make smart choices to protect yourself, your shipmates, and those who matter most. Avoid risky behaviors, designate a sober driver, and stay vigilant to keep your holiday safe and memorable!

Safety starts with YOU!

- On July 4th, while America celebrates independence, impaired driving remains a significant risk for Sailors.
- The National Highway Traffic Safety Administration (NHTSA) emphasizes the importance of staying vigilant and completely alcohol-free behind the wheel.

QUICK STATS!

38%

The mortality rate of drunk drivers in vehicle crashes during past July 4th holidays.

DID YOU KNOW

Fireworks lead to over **10,000** injuries in the U.S., annually!

Leave professional-grade fireworks to the pros. Don't risk an accident.

- Firework injuries are common, according to the Consumer Product Safety Commission (CPSC) firework misuse is what causes the most accidents; with the majority occurring during the July 4th holiday.
- The improper handling and use of fireworks, such as lighting them near people or objects can cause severe burns, eye injuries, and other permanent damage.
- Prioritize safety! Avoid handling professional-grade fireworks, maintain a safe distance, and always keep water or a fire extinguisher nearby. By practicing caution, Sailors can protect themselves and others while celebrating.

Following safety instructions is critical to prevent accidents.

Prevention Tips for Sailors During the July 4th Holiday

Understand What You're Consuming:

- What's on the ingredient list? Only consume what you're sure of.

Avoid Mixing Alcohol and Activities:

- If participating in active events like volleyball, boating, swimming, or watersports, ensure you are sober. Alcohol impairs coordination and decision-making, increasing your risk of injury or accidents.

Communicate With Peers:

- Check in with your shipmates at gatherings. Encourage each other to make smart decisions and intervene if unsafe behaviors; such as substance misuse or excessive drinking are taking place.

Celebrating Safely Starts With Awareness

By including these additional tips in your July 4th materials, Sailors can better navigate holiday gatherings responsibly, avoid risks associated with substances or alcohol, and remain alert for their safety and their shipmates.