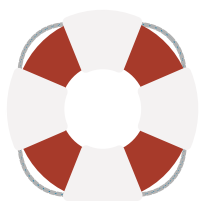


# The Critical 101 Days of Summer: Summer The Safe Way: Prevention Tips

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**Stay smart, stay safe, and stay hydrated! Honor the Navy's values this summer. Your choices today shape your future tomorrow.**



**That's right! 101 CDOS occurs on the last Monday in May to the first Monday in September.**

**From Beaches to BBQs: Sailors Lead by Example!**



## Did You Know:

Critical 101 Days of Summer (101 CDOS) is from Memorial Day through Labor Day?

## Summer Brings Higher Risks!

- Substance misuse spikes during the "101 CDOS," with increased outdoor activities, gatherings, and downtime lead to more unsafe behaviors.
- Practice vigilance, risk management, and make responsible choices to avoid preventable accidents and maintain readiness.
- Incidents like Alcohol Incidents (AIs), Drug Incidents (DIs) and Driving Under the Influence (DUIs) impact not only the individual but also mission readiness and the overall Navy's stability.

### Stay Safe at Gatherings and Events:

- **Plan Ahead:** If you plan to drink alcohol, designate a sober driver or use rideshare services to ensure safe transportation.
- **Be Mindful of Peer Pressure:** Don't let others influence you into risky behaviors involving alcohol or substances.
- **Say NO to Substances:** Avoid illegal drugs or misuse of prescription medication during downtime. They compromise your safety and your future.

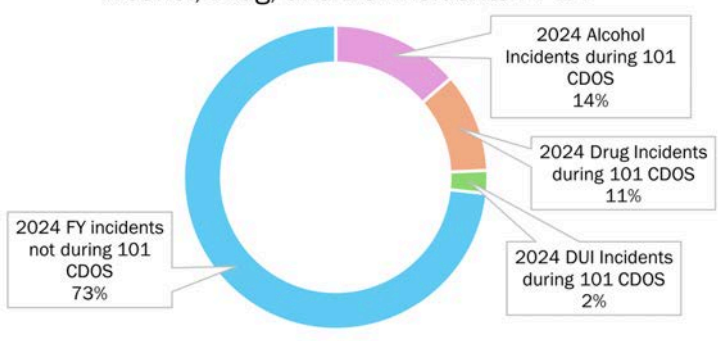
## Be Alert to Stay Safe:

Over 35% of DUI-related incidents occur during summer holidays.

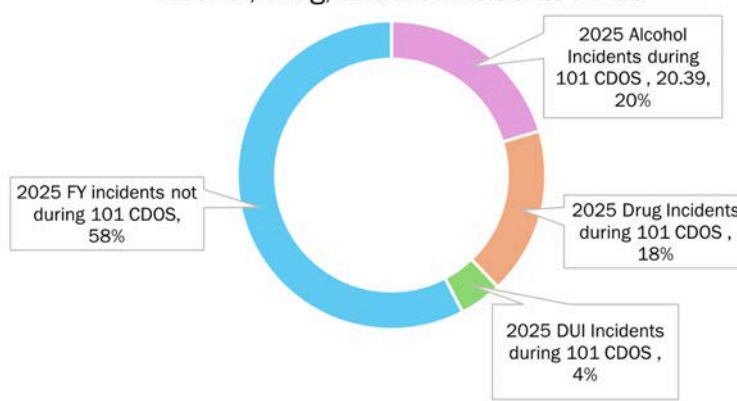
## Higher Incidents During Summer Months

Substance misuse incidents such as (AIs, DIs, and DUIs) consistently rise during the "101 CDOS" period, highlighting a seasonal pattern of elevated risk.

Alcohol, Drug, and DUI incidents FY 24



Alcohol, Drug, and DUI incidents FY 25



While annual totals of substance misuse incidents are significant a considerable proportion occurs during the summer months, underscoring the need for targeted preventive measures during this time.

## Priority for Safety and Readiness

- The Navy's focus on awareness during 101 CDOS is critical for maintaining unit cohesion, operational readiness, and the well-being of Sailors.
- Addressing substance misuse during this season can mitigate risks, safeguard lives, and promote responsible behavior.

