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# The Critical 101 Days of Summer: Stay Safe and Prevent Substance Misuse

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From Memorial Day to Labor Day, the Navy's 101 Critical Days of Summer (101 CDOS) safety campaign is here to keep Sailors safe while enjoying the summer season. The campaign raises awareness of seasonal risks like accidents and substance misuse and emphasizes responsible decision-making to protect Sailors and maintain readiness.



### ALWAYS PRIORITIZE SAFETY!

- Limit distractions.
- Avoid risky behaviors.
- Make the right call - YOUR safety matters!



## Critical 101 Days of Summer



The 101 CDOS campaign occurs during peak summer when there are an influx of outdoor activities, vacation or travel opportunities, and celebrations which can lead to an increase in incidences of accidents, substance misuse, and harmful behaviors.

### Navy Policy

Stay sharp and make smart decisions this summer! Whether it's responsible alcohol use, vehicle safety, enjoying recreational activities, or avoiding other substance misuse, it's all about protecting yourself and your shipmates. Stay mission ready and keep summer fun while upholding the Navy's zero-tolerance policies!

### Vigilance is KEY

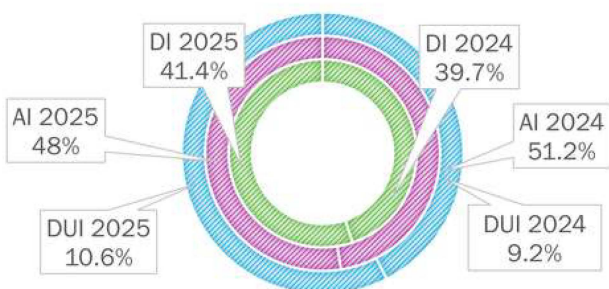
Sailors are encouraged to stay alert and use caution, both on and off duty, to ensure their safety and the safety of their peers.

### REMEMBER



Awareness saves lives and honors the Navy's commitment to excellence and safety.

### SUBSTANCE MISUSE INCIDENTS FROM MEMORIAL DAY TO LABOR DAY



### KEY POINTS

- In FY24 101 CDOS contributed to 27% of substance misuse incidents. In FY25 it rose to 42%, which shows it remains a critical issue for the Navy and its effort to maintain safety and readiness.
- Alcohol incidents (AI) are the leading contributor to substance misuse, followed by Drug Incidents (DI).

## ACTIONS FOR AWARENESS

- **Alcohol management:** Increased parties and outdoor gatherings often correlate with higher binge drinking and driving under the influence incidents. Know your limits and manage your consumption to ensure the safety of you and your career!
- **Prescription drug safety:** Properly use, store, and dispose of prescription medication to prevent misuse.
- **Substance awareness:** There is a zero tolerance of illicit drug and substance use. When attending gathering use caution and always ask what the ingredients are before you consume.

### Be intentional about providing peer support:

Recognizing signs of substance misuse among peers could save a life.

### REMEMBER



Make smart decisions; don't let substances control your summer fun.

## KEY REMINDERS FOR THE SUMMER MONTHS

### Planning ahead for safe transportation:

- Always designate a sober driver or arrange alternative transportation such as taxis, rideshare services, or available military transportation programs.
- Develop a plan for your night out, and share your location and intentions with a trusted peer.
- Carry contact numbers for emergency services and your chain of command in case of unexpected situations.

### Recognizing and Reporting Concerns:

- If you observe behavior that puts others at risk, report it to leadership or appropriate authorities immediately.
- All Sailors have the responsibility to uphold the team's safety and mission readiness.



**For more information and resources regarding substance misuse:**

Contact the OPNAV N173 Primary Prevention team at:

**N17\_PrimaryPrev.fct@us.navy.mil** or visit the [Prevention Toolkit](#)

