

SERVING PROUD • SERVING DRUG FREE

JULY 2022



MESSAGES TO SHARE

Below are sample messages to be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's prevention efforts:

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.

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ALCOHOL AND SUMMER SAFETY

The 101 Critical Days of Summer — the most popular vacation period for Service members — lasts from Memorial Day in May and Labor Day in September, allowing more travel and activity.

In 2021, this period saw 26 Sailor and Marine fatalities caused by avoidable off-duty mishaps, including four drownings and 17 motor vehicle and motorcycle accidents. Risk management should stay at the top of mind to help prevent tragedies. One key to summertime safety is responsible drinking.

Water Activities

Combining water activities and alcohol can spell danger. According to the U.S. Coast Guard, alcohol use contributes to 19 percent of boating deaths in which the primary cause is known. The CDC finds 70 percent of water recreation deaths involve alcohol. Impairment can occur more quickly for boat operators than drivers. Stressors such as wind, noise, vibration, and the motion of the water can create what's called "boater's hypnosis," slowing reaction time, and drinking can exponentially exacerbate this. The same issues with reaction time can make put even the most skilled swimmer at risk of drowning. If planning to operate a boat or swim, avoid drinking and any other substances that can impact judgement.

Motorized Vehicles

According to the National Highway Transportation Safety Administration (NHTSA), 28 people die each day in drunk driving crashes. Having a designated driver or using a ridesharing service or cab can keep you safe if planning to have drinks while out with friends or family.

According to the National Safety Council, all terrain vehicles (ATVs) were the third most common piece of recreation equipment where the user was injured in 2020. While there isn't data showing the role alcohol or substances may have played in those injuries, it is still safe to say that being sober while operating an ATV is your best bet. Always avoid use of any impairing substance while operating any motorized vehicle, and be sure to wear the appropriate protective items such as seat belts, helmets, and protective eyewear.

Resources for Responsible Drinking

Not sure how to tell if your drinking habits are where they should be or need more information about responsible drinking? The Own Your Limits campaign has tools and resources to help Service members make responsible choices if they decide to drink. Find them at ownyourlimits.org.



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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:

Testing Status By Component			
Component	Assigned	Tested	Untested
Active Duty	336,672	263,392	73,280
Reserve	60,986	34,628	26,358

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.



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)

www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/

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.