

SERVING PROUD • SERVING DRUG FREE

NOVEMBER 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. You don't have to wait until January 1st to begin the steps towards quitting smoking. Great American Smoke Out is November 17. It's a great a day to join thousands starting their smoking cessation journey. November is also Navy and Marine Corps Public Health Center's Tobacco Free Living Month. Visit [go.usa.gov/xMS96](https://go.usa.gov/xMS96) to learn more about how quitting can improve your health.
2. Looking forward to that deep-fried turkey, stuffing, and sweet potato or pumpkin pie? You may also anticipate gaining a few pounds and might be thinking of trying a supplement to keep your weight in check. But is it safe? Operation Supplement Safety has all the info you need. Visit [OPSS.org](https://OPSS.org) to learn more about supplements.
3. A growing number of US states are legalizing cannabis, allowing their residents to possess and use it and even buy it from dispensaries. Cannabis is still federally illegal and prohibited for Sailors. Using prohibited substance puts service members at risk of separation service and loss of future benefits.
4. Meeting the new babies and toddlers of the family is one of the best (and cutest) parts of the holiday season. Keep them safe. Store prescription and over-the-counter (OTC) meds out of their reach. And remember the phone number for the National Poison Control Center: **1-800-222-1222**.

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

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## CAR AND HOME: SMOKE-FREE ZONES

Smoking tobacco is detrimental to overall health, but even exposure to cigarette smoke is a risk factor for respiratory illness and other diseases for non-smokers. This exposure to what is commonly called "secondhand smoke," or environmental tobacco smoke, can increase risk of **lung cancer** by about 20 percent for non-smokers. For children, exposure to secondhand smoke can increase **asthma** risk.

There is another type of smoke that can be hazardous to non-smokers as well: "thirdhand smoke."

### What is Thirdhand Smoke?

Tobacco smoke is made up of pollutants and **chemicals** such as nicotine, naphthalene, and formaldehyde. When people smoke indoors or in a vehicle, these build up on surfaces, especially soft surfaces like clothes, furniture, drapes, and carpets. It can also accumulate as dust-like particles on hard surfaces. This residue can stay on these surfaces for a long time, even after people stop smoking in the space, and research has shown that ventilation and cleaning still cannot adequately eliminate the hazards of thirdhand smoke.

### What are Risks of Thirdhand Smoke?

Thirdhand smoke risks are especially pronounced for children. A recent **study** found that over 95 percent of 500 participants under age 12 had residual nicotine on their hands, even with no smokers in their homes. Children face great risks from exposure because they often put their hands in their mouths, and their bodies have difficulty dealing with the exposure.

More recent **research** has found that the nicotine released from smoking and vaping interacts an indoor air compound called nitrous acid (HONO), forming cancer-causing tobacco-specific nitrosamines (TSNAs).

### How Can I Decrease Risk?

The study examining residual tobacco on children's hands also found that the most at-risk were toddlers whose parents used tobacco products, who had multiple contacts with users, and whose families had no restrictions on smoking in their homes or vehicles. An effective way to decrease or eliminate risk is to implement those kinds of restrictions. People often believe that simply avoiding tobacco smoking around children is enough to protect them, but this new research shows that risk still exists even when kids are not directly exposed to secondhand smoke.

The absolute best way to decrease risk is to quit smoking. Not sure where to start? The You Can Quit 2 campaign ([ycq2.org](https://ycq2.org)) is made to help Service members quit smoking. Visit their website to learn more.



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## MEDICINE CABINET CLEAN UP

Safe storage and disposal of prescription drugs helps keep them out of the wrong hands. Two-thirds of teens who misused pain medications within the past year **reported** getting them from friends or family. Easy access to potentially dangerous medications can be significantly decreased when prescription drugs are either stored safely or properly disposed of.

### Drop Box Disposal

Safe storage may be less of a challenge than proper disposal. One way that the U.S. Drug Enforcement Administration (DEA) makes it easier is by hosting two annual Prescription Drug Take Back Days in April and October. If you missed out on last month's Prescription Drug Take Back Day, you can still safely dispose of prescription drugs any time. The DEA also provides an online resource to help people **find** a safe and anonymous **drop box** for to dispose of old and expired prescription and OTC drugs. Many pharmacies offer year-round disposal through drop boxes, and your local Military Treatment Facility may also have one.

### At-Home Disposal

If a drop box or other safe disposal program is not available to you locally, you likely have things at home to help you safely dispose of medications that you no longer need.

To dispose of prescription drugs at home, you can follow the steps below:

1. Place an undesirable substance such as used coffee grounds or cat litter in a sealable bag,
2. Place the medications in the bag with the substance,
3. Seal or close the bag,
4. Use a dark marker to cross out your information on the bottle's prescription label, and
5. Throw the bottle and bag in the trash.



## CURRENT & UPCOMING EVENTS

### NOVEMBER WEBINARS

Each webinar is scheduled for 1000-1130 CT and 1700-1830 CT.

**11/3**— DAR Submissions

**11/10**— Drug Education for Youth (AM only)

**11/17**— IFTDTL Reports

**11/24**— No webinar due to Thanksgiving holiday

[www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/](http://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](http://learning.nel.navy.mil) or Catalog of Navy Training Courses (CANTRAC) at [app.prod.cetars.training.navy.mil/cantrac/vol2.html](http://app.prod.cetars.training.navy.mil/cantrac/vol2.html)

### NMCPHC TOBACCO FREE LIVING MONTH

**November**

Find the toolbox at [go.usa.gov/xMS96](http://go.usa.gov/xMS96).

### GREAT AMERICAN SMOKE OUT

**November 17**

Find resources and information on quitting smoking at [SmokeFree.gov](http://SmokeFree.gov) or from YouCanQuit2 at [ycq2.org](http://ycq2.org)

## AVOIDING CANNABINOID PRODUCTS

While legal for civilians, all the hemp-derived products you can find on the commercial market are prohibited for Sailors. Service members should always be cautious and aware of products consumed. Several varieties of candy, baked goods, and even beverages now commonly contain cannabinoids such as cannabidiol (CBD) or tetrahydrocannabinol (THC), which causes the high associated with marijuana use.

While heading home for the holidays, pay close attention to gas station and convenience store products that may be cannabis-laced look-alikes of snack foods. If offered something that could contain prohibited substances, always check to confirm, or simply decline to be safe rather than sorry. If a buddy offers you to a product containing THC, CBD or another prohibited substance, think about your Navy career and what you could lose from testing positive for illicit substances — separation, loss of future benefits and threats to future job prospects. Learn more about substance use and military service from the Too Much To Lose campaign at [TooMuchToLose.org](http://TooMuchToLose.org).