



Highlight of the Month

Don't Let Alcohol and Drugs Put a Chill on Your Summer Fun. Summer is officially upon us! As you enjoy outdoor activities, be mindful that the sun is not the only culprit when it comes to warm weather risks; alcohol, prescription, and over-the-counter drugs pose dangers when combined with sunny conditions. While a cold beer on a hot day might sound refreshing, there are several significant risks involved with consuming alcohol in hot weather. Alcohol is a diuretic, meaning it increases urine production, which can lead to dehydration. In hot weather, the body already loses fluids through sweating as it tries to regulate temperature. Symptoms of dehydration include dizziness, headache, dry mouth, and extreme thirst. Severe dehydration can result in heat exhaustion or heat stroke, both of which are medical emergencies. Alcohol also affects the body's ability to regulate temperature. It causes blood vessels to dilate, leading to increased blood flow to the skin and a feeling of warmth. This makes the body lose heat more rapidly, impairing its natural cooling mechanisms. Additionally, both alcohol and hot weather can disrupt the balance of electrolytes in the body, such as sodium and potassium, which are essential for muscle function and overall cellular processes. An imbalance can cause muscle cramps, weakness, and other health problems. Prescription drugs that increase sun sensitivity, known as photosensitivity, pose significant risks that require careful management to prevent adverse health conditions. Photosensitivity is a heightened skin reaction to ultraviolet (UV) radiation, resulting in symptoms such as sunburn, rash, or other skin irritations. This reaction can be caused by antibiotics like tetracyclines, nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, antihistamines, and some antidepressants.

The primary risk associated with photosensitivity-inducing drugs is an increased likelihood of severe sunburn. Unlike typical sunburns, these can occur more quickly and with less sun exposure, leading to intense pain, blistering, and skin damage. Chronic exposure without proper precautions can exacerbate skin damage, potentially leading to long-term issues such as premature aging or an elevated risk of skin cancer.

To mitigate these risks, it is crucial to limit alcohol consumption during hot weather, drink plenty of water, seek shade, wear lightweight clothing, and be vigilant about the signs of heat-related illnesses. Offer non-alcoholic beverages when hosting get-togethers. Use a broad-spectrum sunscreen with a high SPF, applied liberally, especially after swimming or sweating. If in doubt, ask your healthcare provider or pharmacist about the photosensitivity potential of medications you regularly take. Be safe out there!

Primary Prevention Team

Alcohol Safety during the 101 Days of Summer. The 101 Days of Summer began on Memorial Day and ends on Labor Day which lasts approximately 15 weeks. With longer days in the summer, Sailors and Marines may want to take advantage of summertime activities, vacation, and enjoy the summer holidays by participating in off-duty activities. For some Sailors and Marines, summer activities may include the use of alcohol. If you choose to drink while enjoying these summer activities, drink responsibly. To execute warfighter readiness while off-duty, it is imperative that you stay in the know, follow safety guidelines, and implement best practices for alcohol safety in order to minimize risks of [incidents](#). Most off-duty mishaps are preventable when we assess risks and comply with laws, procedures, and best [practices](#). Last year during the 101 days of summer, the Navy lost 27 Sailors and Marines to preventable off-duty mishaps in which motor vehicle and motorcycle incidents were the leading [cause](#). When utilizing mindfulness while off-duty, here are some summer alcohol safety guidelines that can help prevent injuries or incidents:

Always plan ahead prior to engaging in summer activities. If you are hosting an event that includes alcohol, be a great host by limiting your own alcohol intake, serving food with alcoholic beverages, offering non-alcoholic beverages and "regular" drinks, like mocktails, tea, coffee, or soft drinks, and ensuring guests get home [safely](#). Steer clear of using alcohol or medication when swimming, using fireworks, operating a motor vehicle, motorcycle, or boat. Should you use a firearm, never handle firearms while, or after, consuming alcohol. Never drink and dive. Do not mix the heat from the sun and alcohol use because this can result in dehydration. In addition, do not use alcohol if you are experiencing any heat-related [illness](#).

For more information on summer alcohol safety, check out the 101 Critical Days of Summer Safety campaign located on MyNavyHR [Prevention Toolkit](#) or for prevention-based resources, contact the [Primary Prevention Force](#).



Messages to Share:

- 4 March: OSD resumed reporting positive test results for codeine. Access the link [here](#).
- July 2024: Is recognized as [UV Safety month](#). Raises awareness on how to maintain ocular health during the summer.
- 7-13 July: [National Therapeutic Recreation Week!](#) To provide intervention-based practices that assist Sailors with recovering from mental and physical injuries.

SPOTLIGHT: Webinar/Training/ Prevention Power-Up

Webinar: No Webinar
Prevention Power-Up: No Power-Up
Date: [04 July](#)

Webinar: NDSL Brief
Prevention Power-Up: National Fentanyl Prevention and Awareness Day
Date: [11 July](#)

Webinar: Vaping
Prevention Power-Up: No Power-Up
Date: [18 July](#)

Webinar: NCIS Brief
Prevention Power-Up: Red Ribbon Week Call to Action
Date: [25 July](#)

Training: GMTs Training
Link: [Click Here](#)

Training: ADAMS & UPC Course
Link: [Navy e-Learning](#)

Training: DAPA Courses
Link: [CANTRAC](#)





Strategic Communications: Quick Safety Messages

A key aspect of staying safe is knowing your limits with alcohol and drinking responsibly. It's easy to get caught up in the fun and consume more than you intended. Set a limit for yourself before you start drinking and stick to it. Pay attention to the strength of the drinks you're consuming, as cocktails can often be more potent than they appear. Also, avoid drinking on an empty stomach. Eating a meal before drinking slows the absorption of alcohol into your bloodstream.

When participating in activities like swimming, boating, or other water sports, extra caution is necessary. Alcohol impairs coordination, judgment, and reaction times, which can be particularly dangerous in and around water. Avoid drinking if you plan to swim or operate a boat, and always have a designated sober person to supervise activities. Drowning risks increase significantly with alcohol consumption, so it's best to stay dry if you've been drinking.

With kids home for the summer, it's important to know where they are, who they are with, and what they're doing. Regularly check in with them and their friends' parents to ensure everyone understands that alcohol is only for adult consumption. Remember that kids often mimic the behavior of the adults around them. Demonstrate responsible behavior by not drinking excessively and never driving after consuming alcohol. Show them that fun can be had without alcohol and involve them in family activities where alcohol is not the focus. Have honest conversations about the risks and consequences of alcohol use and encourage them to ask questions and express their thoughts, which fosters an environment of trust and openness.



Photo above was obtained from Health.mil. The image is a display of boats that aims to increase viewer situational awareness during the summer. For more information on safety tips during the 101 Critical Days of Summer, review this link: [summer safety](#).

Navy Drug and Alcohol Deterrence Program

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The OPNAV N173 Drug and Alcohol Deterrence (NDAD) office was established in 1982. The foundation of our office is sustained by our pursuit to support Fleet readiness by combating illegal and illicit substance and alcohol mis- use. Our mission is to provide comprehensive education, resources, trainings, and enact policy updates to ensure Sailors receive proper awareness to form career-forwarding decisions. Within the NDAD office, whole health matters and this is reflected with our Drug Education for Youth (DEFY) program, the Primary Prevention team, the Alcohol and Drug Management Information and Tracking System (ADMITS), Internet Forensic Toxicology Drug Testing Laboratory Portal (iFTDTL), the Web Drug Testing Program (WebDTP) and other pro-grams that increase prevention efforts.

For more information, contact our office by using the phone and email information on this page or use the QRcode to view our webpage.



**LEARN
 MORE!**