



READY NOW

Prevention Bulletin

November
2019

BLUF: Provide Leaders with talking points relevant to Fort Drum's high risk trend areas.

Winter Wellness

MYTHS



FLUCTUATING WEATHER TEMPERATURES MAKE YOU SICK.

False:

While cold weather coincides with the cold and flu season, it's not the cause of these illnesses.

ALLERGIES DON'T AFFECT YOU IN THE WINTER.

False:

The way allergies impact you is specific to your individual makeup. If you are only allergic to pollen, then you might catch a break in the winter, but if you are affected by mold, dander, and dust mites, you will still feel these symptoms.

TAKING VITAMIN C CAN HELP YOU BEAT THE COMMON COLD.

False:

Vitamin C may have help you fight cold symptoms but it won't help you beat the common cold.

YOU DON'T NEED TO WEAR SUNSCREEN IN THE WINTER.

False:

You are exposed to UV rays whenever the sun is out, regardless of the temperature.

YOU LOSE THE MOST HEAT FROM YOUR HEAD.

False:

Heat loss occurs through any exposed part of your body.

EXERCISING OUTSIDE IN THE WINTER ISN'T SAFE.

False:

Exercising in the winter is perfectly fine. Besides, there's no better time to boost your immunity and combat the dreaded winter weight gain.

DRINKING ALCOHOL WILL KEEP YOU WARM.

False:

Nice try. The thermal sensation you are experiencing is due to alcohol's ability to dilate blood vessels in your skin, which provides you that rosy flush.

RAINY WEATHER CAUSES BACK PAIN AND ACHY JOINTS.

False:

A recent study determined that there's no connection between rainfall and joint or back pain.

Army Substance Abuse Program (ASAP) (315) 772-6704

Alcohol and Cold Weather

People frequently drink alcoholic beverages to warm up. After all, alcohol gives us a warm, tingly sensation. Many people believe this means alcohol can warm a person up. Much research has found this to be untrue.

- Alcohol makes us feel warm because it dilates your blood vessels, which causes the blood to move closer to the skin, but also moves the person's body heat away from their core, causing the body to lose heat more rapidly.
- Alcohol is a known depressant, but it doesn't just depress emotions, it depresses the circulatory system. This means that warm blood from a person's core is taking longer to get to a person's extremities.
- Alcohol reduces the body's ability to shiver in the cold, which is one of the body's ways of warming itself.
- Alcohol impairs judgment. A person who feels warm and is intoxicated is less likely to take measures to protect against the elements.

Garrison Safety (315) 772-5352

Winter Vehicle Survival Kits

You don't know when or how long you may be stranded on the road; pack for a minimum of **24 hours** and **maintain an adequate fuel level.**

This list is NOT ALL inclusive, several additional items may be helpful

- Snow brush with scraper
- Flashlight with batteries
- Blanket, warm clothes
- Small shovel
- Sand or kitty litter
- Jumper cables
- Hazard sign, flares or flag
- Windshield washer fluid
- Cell Phone w/charger
- Dry Gas
- Snow chains
- First aid kit

Protect Yourself from the Cold

You are at risk if you work outside or in cold conditions

Dress Appropriately

Wear clothes meant for cold, wet, and windy conditions such as:

- ❖ Loose-fitting layers
- ❖ Hats, socks, shoes & gloves
- ❖ Outerwear to keep you dry



Extreme exposure to the cold can eventually lead to Hypothermia

Drink Warm Beverages & Take Breaks



- ❖ Take frequent breaks in heated areas, if possible
- ❖ Drink plenty of warm beverages
- ❖ **AVOID** alcohol & caffeine

Know the Warning Signs

- ❖ **Health Problems**
 - ✓ Trench Feet
 - ✓ Frostbite
 - ✓ Hypothermia
- ❖ **Hypothermia – Don't ignore the signs**
 - ✓ Uncontrollable shivering
 - ✓ Slurred Speech
 - ✓ Clumsiness
 - ✓ Fatigue
 - ✓ Confusion



Hypothermia is a medical emergency Call 911

Getting help can be the difference between **life** and **death**.

You are at a higher risk if you take certain medications, are in poor physical condition, or suffer from illnesses such as diabetes, hypertension or cardiovascular disease.



MEDDAC Preventive Medicine (315) 772-6404



Flu Season is coming! Protect yourself

- Get the yearly flu shot.

Also remember everyday actions to prevent getting sick:

- Wash your hands often especially in crowded areas
- Routinely clean frequently touched items
- Cover your cough or sneeze with the inside of your elbow

And finally if you do get sick:

Active duty Soldiers: should follow sick call protocols

Everybody else: **STAY HOME** CDC recommends staying home for at least 24 hours after the fever is gone without the use of fever reducing medicine.

Flu shot availability is posted on the Fort Drum MEDDAC page. <http://www.drum.amedd.army.mil/>

APHN's Sexual Health Clinic – Free & Confidential
Mon-Fri 0900-1100 Bowe Troop Medical Clinic (BTMC)



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Army Community Service (ACS) (315) 772-6556/6557

Winter is just around the corner!

Join Army Community Service (ACS) Relocation Readiness Program to learn how to prepare for winter weather on 7 & 21 November. During this class you will learn safety tips on how to winterize the inside and outside of your home and winter driving tips! ACS can provide this class to any unit upon request by calling 315-772-6566/6553

Family Advocacy Program (FAP)

ACS Family Advocacy Program provides prevention tools such as New Parent Support Program, Parenting workshops, Playgroups, Couples Communication, and Stress and Anger Management workshops-to name a few. Early referral to the FAP is the key to prompt intervention.

The Holiday Season is right around the corner. Contact ACS 772-ACS1 (2271) for a list of local food pantries and other resources for Soldiers and Families around the community during the holidays.

Family violence is associated with an increased risk of suicide attempts among both men and women victims and offenders. This is true whether the victim of violence was an adult or a child. The greatest risk is for Soldiers with less than five years of service.

To learn more about how FAP can serve you, please contact us at 315-772-5914

Drunk Driving Prevention Program (DDPP) (315) 775-8813

Fridays & Saturdays 2000-0600

DDPP will drive DoD ID Card holders and their vehicle home.

This service is free and confidential.

Pre-registration is required.

**Make all SM put the DDPP Program number into their phones

Additional Winter Safety Tips

- Over 60% of traffic accidents on the Installation occur during winter months
 - Garrison Safety office offers Winter Driving courses
- Snow, ice, and wind by themselves add challenges to the task of operating a vehicle
- Before you turn the key: check the current and future road conditions and weather. The road conditions and any post closure or early release can be found by calling 772-DRUM. If you intend on driving off-Post, check <https://511ny.org> for road conditions, closures, and weather alerts
- Seatbelts must be worn by all occupants of your vehicle they may save your life
- Warm up your car before driving

Additional safety tips...

WEAR LAYERS

when you head outside

LAYERS HELP PROTECT YOUR BODY FROM CONDITIONS LIKE HYPOTHERMIA AND FROST BITE.

- Inner layers of wool, silk or polypropylene hold body heat.
- Top off your outfit with a tightly woven, wind-resistant jacket.
- Sweating increases heat loss, so remove extra layers when you're too warm.

November 2019

For times and locations contact the programs listed

Military Family Month

- 1 – Healthy Holiday Hosting Cooking Class (FMWR)
- 2 – Powerlifting Competition (FMWR)
- 2 – Youth Center Open House (FMWR)
- 6 – BOSS Vehicle Winterization Class (FMWR)
- 7 – BOSS Invades Atkins (FMWR)
- 7 & 21 – Winter Preparation Class (ACS)
- 12 & 26 – Winter Driving & Snow Thrower (Safety)**
- 21 – Turkey Bowl (FMWR)
- 22 – Mustache Dash 5K (FMWR)
- 25 – Free Zumba Class (FMWR)
- 27-29 – Macy's Thanksgiving Parade Trip (FMWR)
- 28 – BOSS Home for the Holidays (FMWR)
- 30 – Bowling with Santa (FMWR)

APHN's Sexual Health Clinic – Free & Confidential
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NFL Sunday Ticket every Sunday, doors open @ noon (FMWR)
Tuesdays: BOSS Taekwondo (Free) 7-8pm @ Magrath

Recurring Classes

- EFMP Playgroup (ACS)*
- 1st Term Financial TRG (ACS)*
- Little Eagles Playgroup (ACS)*
- Prime for Life (ASAP)*
- Tots Playgroup (ACS)*
- Stress Management (ACS) (AWC)*
- Parenting After Separation/Divorce (ACS)*
- Creating Calm/ Anger MGT (ACS)*
- Mountain Intervention Training (SHARP/ASAP/FAP/EO)*
- Resume Start to Finish (ACS)
- Sewing Class (ACS)*
- Parenting Classes (ACS)*
- Budgeting for Your Goals (ACS)*
- Check on Checking (ACS)*
- Unit Prevention Leader (ASAP)
- Gatekeeper (ASAP)*
- Welcome Tour (ACS)
- ESL (ACS)
- Upping Your Metabolism (AWC)*
- Fueling For Health (AWC)*
- Healthy Sleep Habits (AWC)*
- Meal in Minutes (AWC)*
- Walking Group (ACS)
- Federal Employment Class (ACS)
- Spouses Welcome (ACS)

Classes with an (*) indicate Life Skills classes