



READY NOW

Prevention Bulletin

July
2019

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

July Safety Tips

Summer is often a time for relaxation, travel and having fun, make sure you remain safe!

Beating the Heat

- Stay Hydrated with water
- Turn on AC
- Check the forecast; plan ahead
- Wear sun protection
- Avoid alcohol and caffeine
- Take a cool/cold shower
- Limit your time outdoors

Signs & symptoms of Heat

Stroke

- No sweating
- Dry, hot red skin
- Dizziness & Headache
- Vomiting

If you are feeling these symptoms get help!



Seven Deadly Swims

1. Swimming outside designated area
2. Swimming without a life jacket
3. Jumping into unknown waters
4. Swimming under the influence of alcohol/drugs
5. Holding your breath too long while swimming
6. Challenging someone to swim across a cave, lake, or pond or to an object such as buoy
7. Swimming to rescue a person, boat, beach ball, or some other object

ALWAYS swim with a buddy, use appropriate flotation devices

Summer Road Trip Safety Tips

- Check vehicle - tires, AC, windshield wipers, fluid levels
- Know your route & plan for emergencies
- Stay alert - take breaks when you are tired
- Avoid carrying large amounts of cash
- Protect your valuables
- Be alert to your surroundings
- Carry an emergency kit - flashlight, batteries, warning devices, jumper cables, first-aid-kit, extra water



Army Community Service (ACS)

(315) 772-6556/6557

Family Advocacy Program (FAP)

Child Abuse and proper supervision is an ongoing concern. Historically there has been an increase in Child Neglect/Lack of Supervision in the 4th quarter.

Be mindful of the installation child supervision guidelines

Fort Drum – Age Matrix

Age of Child	Left w/o sitter in home	Left alone overnight	Play outside alone	Left in car alone	Child left with siblings
0-3 yrs	NO	NO	NO	NO	NO
4-6 yrs	NO	NO	Yes *	NO	NO
7-9 yrs	NO	NO	Yes *	NO	NO
10-11 yrs	Yes ***	NO	Yes *	Yes **	NO
12-14 yrs	Yes ****	NO	Yes *	Yes	Yes
15-18 yrs	Yes	Yes *****	Yes *	Yes	Yes

*immediate access to adult

**with keys removed

*** with access to adult & not more than 3 hrs

****with access to adult & not more than 6 hrs

*****with sponsor in local area

Register your child with CYSS - Clark Hall 315-772-8675. It is **FREE**.

Army Substance Abuse Program (ASAP)

(315) 772-6704

Drunk Driving Prevention

Leandra's Law - Individuals charged with driving with a BAC of .08 or greater & have a child under the age of 16 in the vehicle, automatically have their license suspended, a fine of up to \$5,000 & may be charged with a Class E felony

- Drivers who cause serious physical injury to a child may be charged with a Class C felony
- Drivers who cause the death of a child younger than 16 in the car may be charged with a Class B felony



Almost 20% of all alcohol-related driving accident fatalities involve children who were inside the vehicle, pedestrians, or riding bicycles

How to Prevent Drunk Driving Accidents!

buzzed
driving is
drunk
driving
designate a sober driver

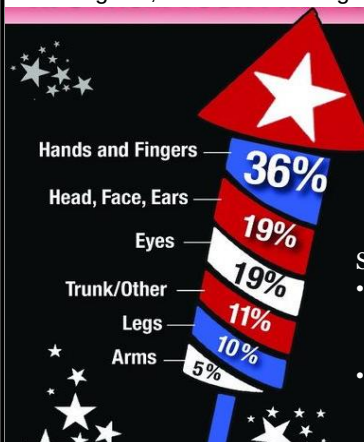
- Always have a designated driver
- Have a backup plan to get home safely
- NEVER get in a car with a drunk driver
- Don't let your loved ones drive impaired
- Register with Fort Drum Drunk Driving Prevention Program (DDPP) for a ride home safe **(315-775-8813)**

Garrison Safety

(315) 772-3022

Fireworks Safety

- 280 people go to the emergency room every day with fireworks-related injuries in the month around the July 4th holiday. Even sparklers can burn at temperatures exceeding 2000 degrees.
- Per Fort Drum Regulation 420-4, Fire Prevention Program, fireworks are illegal to possess on Fort Drum.



Fireworks injure 10,500 people annually

Safety Tips:

- Attend professional shows instead of holding your own
- Give children glow sticks instead of sparklers.



READY NOW Prevention Bulletin



MEDDAC Preventive Medicine

(315) 772-6404

Sun Safety



- Keep the sunscreen handy so it can be reapplied often.
- Everyday activities use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher.
- For extended outdoor activity, water-based activity, or sports use a water-resistant, broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply 2 tablespoons (the amount of a full shot glass) of sunscreen to your entire body.
- 30 minutes before going outside apply sunscreen to allow ingredients time to bind to skin.
- Reapply at least every two hours or sooner.
- Reapply immediately after swimming, towel drying, or activities that induce excessive sweating.

Choose Sun-Safety Strategies that Work

Broad spectrum sunscreen with a SPF of 15 or higher is important, but it shouldn't be your only defense against the sun. For the BEST Protection, use shade, clothing, a hat with brim, and sunglasses, as well as sunscreen



Sexual Harassment Assault Response & Prevention Garrison SHARP - 315-774-0158

Alcohol Safety – Alcohol can lower your inhibitions and make it easier for a perpetrator to commit a crime and can even prevent someone from remembering that the assault occurred.

Tips to Help you Stay Safe:

- Keep an eye on your friends
 - Have a backup plan and trust your instincts
 - Know what you're drinking
 - Don't leave drinks unattended
 - Don't accept drinks from people you don't know or trust
- Even if you were consuming alcohol when a sexual assault occurred, remember it was not your fault.**

Additional Safety Tips

Fort Drum Off Limits Locations

- High Life Novelty Shop, Watertown
- Trip on the Wild Side, Watertown
- Zoned Limited, East Syracuse
- Husky Property Management, Watertown
- **All water areas within & adjacent to Fort Drum are off-limits for swimming**
- The portion of the Black River that borders Fort Drum is off-limits for all recreational activity, except fishing from the banks of the river.
- "Kings Falls/High Gorge" is off-limits for all recreational activity



Department of Motor Vehicles (DMV) Checks

A spike in Unlicensed Operation offenses have been reported on the blotter recently. It is suggested Command Teams instruct Soldiers to utilize the below link to check the status of their licenses. Driver's licenses can be suspended due to unpaid traffic violations or not filing proper paperwork within the state that the license is issued. Sometimes, notification of suspension is sent to the address on the driver's license and may not make it to the Soldier's updated address. A quick check can save time and hassle of additional charges. Use the below link to find the state website of license you would like to check.

https://dmvny.com/50_state_dmv_list.html



Drunk Driving Prevention Program (DDPP)

(315) 775-8813

Friday & 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**

July 2019

For times and locations contact the programs listed

1 – 24/7 Atkins Functional Fitness Facility Opens (FMWR)

1-14 – Magrath closed (FMWR)

5 – Red, White and Bowl (FMWR)

5 – Summer Block Party with Youth Center (FMWR)

8-13 – Iron Chef Jr. Competition (FMWR)

8-9 – Library closed (FMWR)

13 – Gaming Tournament with BOSS (FMWR)

20 – Sterling Renaissance Fest w/BOSS (FMWR)

23 – LeRay Mansion Summer Concert Series (FMWR)

25 – ACS Birthday (FMWR)

27 – Trip to Darien Lake w/BOSS (FMWR)

29 – Free Zumba Class (FMWR)

Tuesdays: BOSS Tae Kwon do (Free) 7-8pm @ Magrath

Recurring Classes

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

Classes with an (*) indicate Life Skills classes