

# HIGH ROLLER NEWS



## WHAT'S INSIDE?

Awards Ceremony Article.....	pg. 3
What's Happening in High Roller Country? .....	pg. 5
NVANG Blood Drive Flyer .....	pg. 7
FSS Fun Fact #1.....	pg. 8
MLK Article.....	pg. 14
NV Army Blood Drive.....	pg. 17

# February Drill Outlook

## February 2024 Drill High Roller Cafe

### SATURDAY LUNCH

1100-1230

#### MENU ITEMS:

Fried Catfish  
BBQ Chicken Quarters  
Red Beans with Rice  
Mac and Cheese  
Green Beans  
Corn on the Cob  
Cornbread

#### SHORT ORDER:

Cheeseburgers  
Hot Dogs  
Chicken Wraps

French Fries

#### ADDITIONAL ITEMS:

Salad Bar  
Chili  
Assorted Desserts

### SUNDAY LUNCH

1100-1230

#### MENU ITEMS:

Chicken Wings (Hot and BBQ)  
Mini Pizzas  
Jalapeño Poppers  
Mozzarella Sticks  
Potato Skins  
Veggie Medley

#### SHORT ORDER:

Cheeseburgers  
Hot Dogs  
Chicken Wraps

French Fries

#### ADDITIONAL ITEMS:

Salad Bar  
Chili  
Assorted Desserts

IF YOU ARE ACTIVE GUARD RESERVE (AGR), ON ANY KIND OF ORDERS (ANNUAL TRAINING, STATE ACTIVE DUTY, MPA, TITLE 10), OR AN OFFICER YOU MUST PAY.

**LUNCH MEAL RATE \$7.00**

## Weather

Sat

Sun



43°

39°

27°

33°

## Upcoming Events

13 April: Military Ball (in Las Vegas)

13 April: EANGUS/NGAUS State Conf. (in Las Vegas)

12 or 14 April: Army/Air Golf Tournament (@ Red Hawk in Reno)

30 April - 5 May: MAFFS Spring Training

20 May: Army/Air Golf Tournament (in Las Vegas)

18-21 August: EANGUS 53rd Annual Conf. (Detroit, Mich.)

23-26 August: NGAUS 146th Annual Conf. (Detroit, Mich.)

**HIGH ROLLERS**

# Nevada Air National Guard recognizes 2023 Outstanding Airmen of the Year and Others at Annual Awards Ceremony

Story by: Senior Master Sgt. Paula Macomber  
Photos by: Staff Sgt. Michelle Brooks  
152nd Airlift Wing Public Affairs



*Nevada Guard leadership and congressional delegate representatives pose with the 2023 Airman of the Year, Senior Airman Lea Williams, a systems operations specialist of the 232nd Combat Training Squadron, as she receives the top Airman award for the 2nd year in a row.*

The Adjutant General of the State of Nevada, Maj. Gen. Ondra Berry, hosted the Nevada Air National Guard Annual Awards Ceremony recognizing the 2023 top performers on Jan. 7, 2024 at the Nevada Air National Guard Base. Around 750 members, friends, family and civilians attended the ceremony held in the Fuel Cell Hangar.

Dignitaries attending the annual event included Diana Brown Sanfilippo daughter of the Nevada Air National Guard's only war fatality--Korea MIA 1st Lt. Frank Salazar, Tim Robb and Chase McNamara representing Governor Joe Lombardo; Candance Lopez representing Senator Catherine Cortez-Masto; Alex Goff representing Senator Jacky Rosen; and Susan Malone, Civilian Aide to the Secretary of the Army.

Despite the inclement weather affecting the traditional wear of the formal Air Force Blues attire, the ceremony proceeded. This year, the Nevada Air National Guard combined the Outstanding Airmen of the Year Banquet with the Annual Awards Ceremony for cost savings and enhanced camaraderie.

The *Retro Radio Dolls*, an all singing, all dancing female close harmony trio, added a festive touch with



*The Nevada Air National Guard Honor Guard Team presents the colors during the 2023 Outstanding Airmen of the Year Awards Ceremony on Jan. 7, 2024, in the Fuel Cell Hangar on the Nevada Air National Guard Base in Reno, Nev.*

lively performances.

Senior Airman Lea Williams a systems operations specialist with the 232nd Combat Training Squadron (232 CTS) was selected as the Airman of the Year for the second consecutive year.

The 232 CTS is based in Las Vegas, and supports four active-duty organizations and trains pilots from across the country.

Williams embraces this challenge.

"I like to be and achieve what everyone else says is impossible, uncommon, or 'too hard,'" said Williams, "My leadership also doesn't make it very hard to just want to build myself to be the best I can be. Above all though, my parents are the real forces who make me want to be the best I can be. They do it every day, so why can't I?"

Her advice to those junior Airmen that want to strive to be better, "Is to always push to be better. Don't be how everyone thinks a young Airman should be but want to be better than that. Say yes to everything you're capable of handling."

She embraces the limelight, "My most favorite part  
*OAY, cont. next page*

## OAY, cont.

about being Airman of the Year is the challenge it brings. People develop high expectations and expect more from/out of me. So, I get to show others how I can keep bringing way more to the table and really show what I'm capable of."

Staff Sgt. Jaya Sicard, 152nd Intelligence Squadron, and Master Sgt. Jake Garfinkle, 152nd Maintenance Group were recognized as Noncommissioned Officer of the Year and Senior Noncommissioned Officer of the Year, respectively. Master Sgt. Katie Cromeenes, 152nd Intelligence Squadron secured First Sergeant of the Year, while 1st Lt. Mariah Connell, 192nd Airlift Squadron, earned Company Grade Officer of the Year.

These winners will represent the Nevada Air National Guard at regional and national Airmen of the Year competitions.

The safety office presented the Colonel Mervin T. Johnson Memorial Trophy. This award was established to recognize those individuals who contribute to the 152nd Airlift Wing's mission success and safety. Tragically, the unit lost Colonel Johnson in an aircraft accident in 1969.

This year, the safety award was presented to the crew of ROLER 11: Maj. David McNally, Capt. Boyan Alexandrov, Lt. Col. Merridy Young, Master Sgt. Gregory Hull, and Tech. Sgt. Nicholas Ediss.

On July 28, 2023, ROLER11 took off out of Schoonover, California, from a dirt landing zone for a return flight to Reno. Approximately 15 minutes into the flight the crew experienced a complete utility hydraulic system failure. This meant that the crew would be unable to lower gear or flaps automatically, and that they would not have normal braking. The flight engineer, Hull, was able to lower the flaps manually but was initially unable to get the gear into a safe position for landing. Utilizing crew experience, both in the aircraft and on the ground through the radios, multiple alternate methods were attempted before a safe condition for landing was achieved. With the aircraft fully configured, the crew was able to land safely with no further incident. The resourcefulness and experience of the crew of ROLER11 prevented a potentially catastrophic gear up landing that would have put themselves and their passengers at incredible risk.

Other various awards, such as the Recruiter of the Year Award, Unit Career Advisor of the Year, Chief's Council Award, various Commander's Excellence Awards and the Adjutant General's Silver Sentinel Awards were also presented at the ceremony. Altogether 25 awards were presented to Airmen and sections across the 152nd Airlift Wing.



*The local "all singing, all dancing female close harmony trio," known as the "Retro Radio Dolls" performed during the 2023 Outstanding Airmen of the Year Awards Ceremony on Jan. 7, 2024, in the Fuel Cell Hangar on the Nevada Air National Guard Base in Reno, Nev.*



*Maj. David Lynn and 1st Lt. Matt Stewart from the Nevada Air National Guard Safety Office present crewmembers of ROLER 11--Maj. David McNally, Lt. Col. Merridy Young and Tech. Sgt. Nicholas Ediss with the Mervin T. Johnson Memorial Trophy for Safety during the 2023 Outstanding Airmen of the Year Awards Ceremony on Jan. 7, 2024, in the Fuel Cell Hangar on the Nevada Air National Guard Base in Reno, Nev.*

# What's happening in High Roller Country!??

## RECENT PROMOTIONS



Senior Master Sgt. Cory Hallock was promoted to Chief Master Sergeant.

Lt. Col. Jason Little was promoted to full-bird Colonel.

Tech. Sgt. Devan Hedgorth was promoted to Master Sergeant.

Congratulations to all of you!

**HIGH ROLLERS**

# WELCOME TO THE HIGH ROLLER TEAM! NEW ENLISTEES FROM JANUARY!



## All new enlistees above:

Airman 1st Class Johanna Bernard – 2T2X1 – Logistics Readiness Squadron  
Airman 1st Class Jaid Raval – 2T2X1 – Logistics Readiness Squadron  
Airman 1st Class Lisette Martinez – 2T2X1 – Logistics Readiness Squadron  
Senior Airman Andrew Quispe – 4B0X1 – Medical Group  
Airman 1st Class Cooper Leautier – 1N1X1 - Intelligence Squadron

## Not pictured (Las Vegas troops) who did their enlistment virtual:

Airman 1st Class Tselot Fetene – 2T2X1 – Logistics Readiness Squadron  
Airman Basic Soren Bible – 3F0X1 – Civil Engineer Squadron

# BLOOD DRIVE

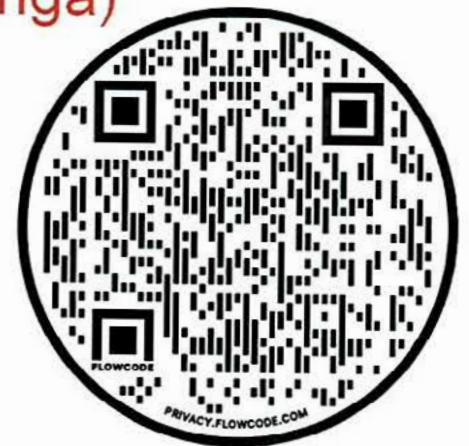


## Valentine's Blood Drive

Donate in the Bloodmobile (Near Sanga)

Sun. February 4<sup>th</sup>

8:30AM – 2:00PM



TO SIGN UP:

Contact Tracy Woodfolk

@ 775-788-4792

Tracy.Woodfolk@us.af.mil

vitalant<sup>lv</sup>

All Donors Get a *Free*  
Small Classic Sub  
& Fountain  
Drink!



vitalant<sup>lv</sup>

vitalant<sup>lv</sup>

### 24 IN '24 GIVEAWAY

GIVE BLOOD Jan. 6 - Feb. 10  
for a chance to win one of 24  
\$500 gift cards

\$500  
GIFT CARD

# FSS Fun Fact #1 - Skip the Line & Renew Dependent ID Cards Online

By: Senior Master Sgt. Amy Baker  
152nd Force Support Squadron

## High Rollers,

Did you know sponsors can now request on-line USID Card renewals for dependents? Sponsors can request card renewals on-line from anywhere. Cards will be mailed to the cardholder via US mail leaving no in-person requirement for most renewals saving you time.

## Eligibility Requirements:

- Sponsor must be a CAC holder or have a DoD Self-Service Logon username/password
- Must be requesting a renewal of an active USID card
- Sponsor & Cardholder must have email addresses listed in DEERS that they have authorized DoD to use for contacting them
- Sponsor's personnel status must extend at least 30 days into the future
- Cardholder has a photo saved in DEERS taken in the last 12 years
- Cardholder's mailing address is present in DEERS and is in United States
- USID cards cannot be shipped to PO Boxes

*\*Changes in status and age may make children ineligible for on-line USID renewals (e.g., children are not eligible after age 21 unless they are a full-time student or incapacitated) and enrollment in Tricare Young Adult does not by itself make a child eligible for a USID card.*

## Q: Where do I request an on-line renewal?

A: Sponsors must login using their CAC or DS Logon credential and submit requests via ID Card Office On-line clicking the "Family ID Cards" tab from the landing page via <https://idco-pki.dmdc.osd.mil/idco/>

## Q: What do I do with my old/expired USID card?

A: Per DoD policy, all ID cards are property of the U.S. Government and shall be returned upon separation, resignation, firing, termination of contract or affiliation with the DoD, or upon any other event in which the individual no longer requires the use of an ID card. The ID card may be returned to your nearest RAPIDS site, which can be found using the ID Card Office Locator at <https://idco.dmdc.osd.mil/idco/locator>, or via U.S. mail to:

DMDC – DSC  
Attn: USID Card Returns  
2102 E 21st Street N  
Wichita, KS 67214

## Q: Where can I find additional support for On-line USID Card Renewals?

A: Additional information on the On-line USID Card Renewals pilot is available at:

- ID Card Office On-line (IDCO): <https://idco.dmdc.osd.mil/idco/>
- The DoD ID Card Reference Center: <https://www.cac.mil>
- DoD Self-service Logon: <https://www.dmdc.osd.mil/identitymanagement/app/-login>
- For Questions about DoD ID Card and Benefits Policy: contact [dodhra.mc-alex.dmdc.mbx.dod-id-card-policy@mail.mil](mailto:dodhra.mc-alex.dmdc.mbx.dod-id-card-policy@mail.mil)

See the following page and the email with attachments that can help you through this new process and hopefully answer any additional questions. As always, please contact MPF Customer Service at 788-4523 if you have any further questions.





# ONLINE UNIFORMED SERVICES ID CARD (USID) RENEWAL

## USID CARDS

- Issued to retired and reserve uniformed Service members, dependent family members, and other eligible individuals in accordance with DoD policy
- Used for access to benefits, privileges, and DoD facilities

## CURRENT RENEWAL PROCESS

- ❌ Must be done **in person** at a RAPIDS site
- ❌ Often requires an appointment scheduled in advance
- ❌ No opportunity to renew online



## WHAT'S CHANGING?

- ✅ Sponsors can request card renewals **online, from anywhere**
- ✅ Cards will be mailed to the cardholder via US mail
- ✅ No in-person requirement for most renewals



## REQUIREMENTS

- Sponsor must be a CAC holder or have a DoD Self-Service Logon username/password
- Must be requesting a renewal of an active USID card
- Sponsor and Cardholder must have email addresses listed in DEERS that they have authorized DoD to use for contacting them
- Sponsor's personnel status must extend at least 30 days into the future
- Cardholder has a photo saved in DEERS taken in the last 12 years
- Cardholder's mailing address is present in DEERS and is in United States
  - USID cards **cannot** be shipped to PO Boxes

## FOR MORE INFORMATION

See ID Card Office Online (IDCO): <https://idco.dmdc.osd.mil/idco/>



# MILITARY HEALTH SYSTEM


# MHS GENESIS

The Military Health System's new Electronic Health Record

## MHS GENESIS PATIENT PORTAL

The MHS GENESIS Patient Portal is a secure website for 24/7 access to yours or your dependents health information, exchange messages with your care team, and sending in outside records. The new patient portal is replacing the TRICARE Online Secure Patient Portal. You will be required to have a DS Logon or CAC.

### To access the MHS GENESIS Patient Portal:

- Google "MHS GENESIS Patient Portal" or scan the QR Code below if you wish to access from your phone.
  - If accessing from your phone, you will need the Microsoft Authenticator app 
  - After scanning the QR Code, be sure to open it up in a browser so you can navigate to the Authenticator application.
- Log on with DS Logon or CAC.
  - If you do not have a DS Logon, click "Create New Account" and it will prompt you to create one.

### Send a Message to the 152d Medical Group!

#### You can now send your outside health records via the Messaging function in MHS GENESIS!

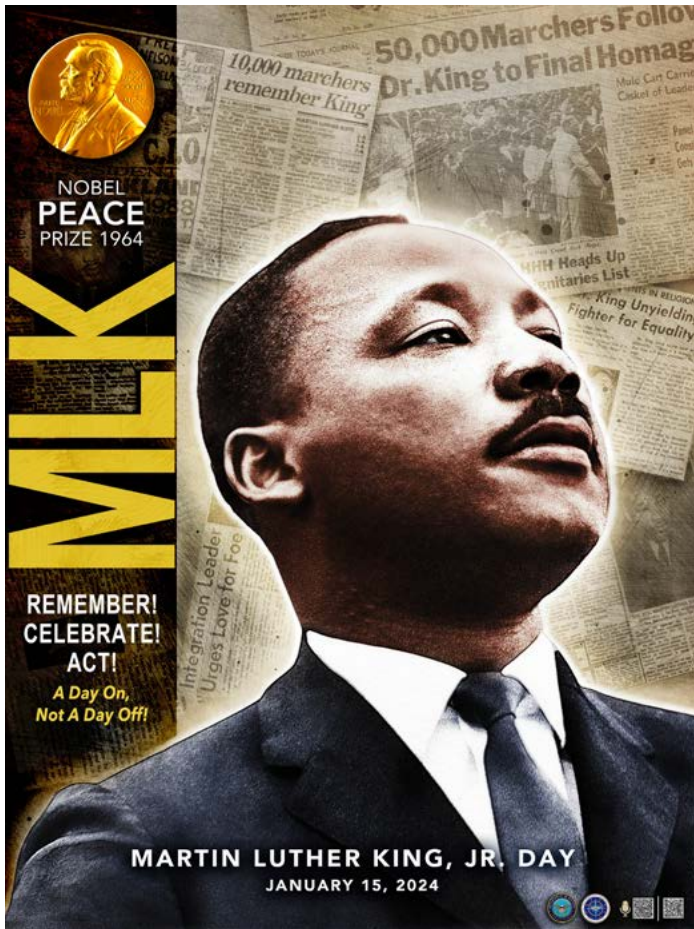
- In your MHS GENESIS Patient portal, click "Messaging" at the top of the screen, then click "Send a message."
- Fill in the required fields. (In the "To" box, type in **152** and click "Air Natl Guard 152 MDG Readiness")
- Attach files you want to be input into your medical record.
- You may also use this function to request appointments.



# CELEBRATING

## Dr. Martin Luther King, Jr.'s Birthday – January 15th

Article Courtesy of: 152nd Equal Opportunity Office



Each year, on the third Monday in January, the Department of Defense (DoD) stands with the Nation in honoring the life and enduring influence of Dr. Martin Luther King, Jr.

Dr. King is celebrated as a champion of nonviolence in America and as a prominent figure in the Civil Rights Movement.

In 1994, Congress passed the King Holiday and Service Act, designating the Martin Luther King, Jr., Federal Holiday (MLK Day) as a National Day of Service. All Americans are encouraged to volunteer to improve their communities.

This year holds particular significance as it marks the 60th anniversary of Dr. Martin Luther King, Jr., being awarded the Nobel Peace Prize.

At the age of 35, King became the youngest man to receive the Nobel Peace Prize

for his commitment to nonviolent methods during the Civil Rights Movement.

Gunnar Jahn, the chairman of the Nobel committee, stated King was “the first person in the Western world to have shown us that a struggle can be waged without violence. He is the first to make the message of brotherly love a reality in the course of his struggle, and he has brought this message to all men, to all nations and races”.

In his Nobel acceptance speech, King pondered the contradiction that he would be given a prize to honor peace regarding a movement filled with much violence, oppression, and injustice toward people.

He concluded that nonviolence is in fact the answer by explaining, “I conclude that this award, which I receive on behalf of that movement, is a profound recognition that nonviolence is the answer to the crucial political and moral question of our time—the need for man to overcome oppression and violence without resorting to violence and oppression.”

King demonstrated his unwavering dedication to the Civil Rights Movement by donating the entirety of his Nobel Peace Prize award money.

Just 4 years after receiving the Nobel Prize, King was assassinated while standing on the balcony of his motel room on the evening of April 4, 1968, in Memphis, Tennessee.

The Defense Department recognizes that freedom, equality, and inclusion are true force multipliers and imperative to the national defense and our Nation’s strength.

King recognized the power of service. Observing MLK Day through service continues

*MLK, cont. next page*

MLK, cont.

the DoD's mission of promoting change and building communities.

The men and women of the DoD honor King by living up to the standard he set. Together we safeguard his legacy and, as one DoD family, rise to meet today's challenges.

If you would like more information please visit [www.deomi.org](http://www.deomi.org) or contact the 152 Equal Opportunity Office in BLDG 56 Room 34, call 788-4649, or email Master Sgt. Adam Willett, EO Director, [adam.willett@us.af.mil](mailto:adam.willett@us.af.mil).



## TIME IT TAKES A HACKER TO BRUTE FORCE YOUR PASSWORD IN 2022

Number of Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters, Symbols
4	Instantly	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	Instantly	Instantly	Instantly
6	Instantly	Instantly	Instantly	Instantly	Instantly
7	Instantly	Instantly	2 secs	7 secs	31 secs
8	Instantly	Instantly	2 mins	7 mins	39 mins
9	Instantly	10 secs	1 hour	7 hours	2 days
10	Instantly	4 mins	3 days	3 weeks	5 months
11	Instantly	2 hours	5 months	3 years	34 years
12	2 secs	2 days	24 years	200 years	3k years
13	19 secs	2 months	1k years	12k years	202k years
14	3 mins	4 years	64k years	750k years	16m years
15	32 mins	100 years	3m years	46m years	1bn years
16	5 hours	3k years	173m years	3bn years	92bn years
17	2 days	69k years	9bn years	179bn years	7tn years
18	3 weeks	2m years	467bn years	11tn years	438tn years



> Learn about our methodology at [hivesystems.io/password](https://hivesystems.io/password)

# GET HOME SAFE ON THE HIGH ROLLERS

SCAN QR CODE OR USE  
PROMO CODE: ROLLER22

AVAILABLE ALL WORKDAYS, 1630-2400 FROM BASE  
(ONLY) TO YOUR DESTINATION



PROVIDED BY **lyft**

# HIGH ROLLERS



# BLOOD DRIVE

Because of you, life doesn't stop.



24 in '24

**Blood Donation Giveaway**

All donors will be entered to win 1 of 24 \$500 gift cards!

## Nevada National Guard Blood Drive

**Sat., February 3<sup>rd</sup>  
8:00am – 12:00pm**

Donate in the bloodmobile  
685 E. Plumb Lane

To schedule an appointment:

Call Vitalant at 775-329-6451 or scan the QR code



Scan Me

Before you donate: Eat. Hydrate. Bring your photo ID

# Join the NVANG Color Guard Team



Color Guard Presentation performed at the Greater Nevada Field for the Reno Aces.

Presenting Colors for on-base events such as promotions, retirements, change of command, award ceremonies and etc.

Presenting Colors for our local community events such as sports events, governor's balls, veteran's appreciation, conventions, and many more!

Requirements to join the Color Guard:

- Highly Motivated
- Availability and Commitment
- Exceeded standards set in AFI 36-2903 (Dress and Appearance)
- Your Supervisor's and Commander's approval.

For more information please feel free to contact SMSgt David Hill ([david.hill.14@us.af.mil](mailto:david.hill.14@us.af.mil)) at 775-788-4575 or SrA William Mendez ([william.mendez.4@us.af.mil](mailto:william.mendez.4@us.af.mil)) at 775-788-9320.

**2023**

# **JOINT MENTORSHIP PROGRAM**



## ***WHAT IS THIS PROGRAM?***

This program's goal is to continue to develop and enhance force development by providing opportunities for leadership and personal development.

## ***WHAT ARE THE BENEFITS OF THIS PROGRAM?***

As a mentor, you can help another person to grow and develop as well as share experience and knowledge.

As a mentee, you acquire additional skills, knowledge or abilities and improve networking/access to influential people!

## ***WHAT IS THE TIMELINE?***

-  Applications for Mentor and Mentee  
Deadline: 15 April
-  Mentor and Mentee Pairing: 28 April
-  Training for Mentors: 01 May
-  Pairing Ceremony Beginning of May
-  Mentorship Duration: May - December

## ***HOW DO I SIGN UP?***

**INTERESTED IN  
BEING A MENTOR?**



**CLICK/SCAN HERE**

**INTERESTED IN  
BEING A MENTEE?**



**CLICK/SCAN HERE**





**BOBINSKY'S BOOK EXCHANGE**  
**NOW OPEN**

**PUBLIC AFFAIRS OFFICE**

**BUILDING 500 - ROOM 213**

.....

**BRING YOUR GENTLY USED BOOKS; LOOK THROUGH WHAT WE ALREADY HAVE!!**

.....

**FOR MORE INFORMATION,  
CALL THE PA OFFICE:**

.....

**775-788-4515**





U.S. AIR FORCE

# Spectrum of Resilience

Supporting Airmen and their Families to help them thrive

## SELF

Stress Management  
Physical Fitness  
Mental Fitness  
Spiritual Fitness  
Financial Services  
Wellness



## FAMILY & FRIENDS

Spouses  
Partners  
Friends  
Virtual Friends  
Family Members  
Mentors



## PEER/SOCIAL

Religious Groups  
MWR  
Shared Hobbies  
Professional Organizations  
Sports Teams  
Clubs  
Co-Workers



## SUPPORT ENTITIES

Chaplains  
Military & Family Readiness Center  
Victim Advocates  
Victims Counsel  
Employee Assistance  
Ops Support Teams  
True North  
Unit Leaders  
Military OneSource



## CLINICAL/MEDICAL HEALTH

TRICARE  
Mental Health Clinic  
Behavioral Health  
Counseling  
ADAPT



**We encourage Airmen and their Families to seek out the help needed at any level, and to be a support, help or bridge for others across the full Spectrum of Resilience.**

Visit <https://www.resilience.af.mil/>

for more information on resources available to you and your family.

\*Available resources may vary by installation.

# TEC-U

## LEADERSHIP CERTIFICATE PROGRAM\* ONLINE

### NOT THE TYPICAL 2-HOUR CBT!

### SIX MANDATORY COURSES

- PERSONAL/PROFESSIONAL DEVELOPMENT (1HR)
- INTRODUCTION TO LEADERSHIP (1HR)
- FUNDAMENTALS OF LEADERSHIP (2HRS)
- EFFECTIVE COMMUNICATION (1HR)
- CONFLICT RESOLUTION (1HR)
- FEEDBACK (1HR)

### TWO OPTIONAL COURSES

- BULLET WRITING (2 HRS)
- COACHING (1HR)
- CHANGE MANAGEMENT (1HR)
- TEAM CULTURE (1HR)
- DICHOTOMY OF LEADERSHIP (1HR)

### **EASY AS 1, 2, 3!**

1. THERE ARE SIX MANDATORY "CORE" CLASSES TO COMPLETE.
2. CHOOSE TWO OF THE "OPTIONAL" CLASSES TO COMPLETE.
3. COMPLETE A "CAPSTONE" STUDY, IN WHICH A SCENARIO WILL BE GIVEN TO ANSWER QUESTIONS ON HOW TO APPLY THE CONCEPTS AND PRINCIPLES LEARNED. THIS IS THE CULMINATION OF ALL THE PREVIOUS LESSONS.



**SIX MONTHS TO COMPLETE  
SIGN UP HERE:**

**[tec.mediashareiq.com](http://tec.mediashareiq.com)**



### **FOR MORE INFO CONTACT: MR. LAWRENCE MCCOY**

Email: [lawrence.mccoy.1@us.af.mil](mailto:lawrence.mccoy.1@us.af.mil)  
Superintendent, Learning Development  
TEC University  
McGhee Tyson ANGB, TN  
DSN: 266-3803 Comm: 865-336-3803  
Telework: 865-386-8391

\*This is a total force course,  
open to all services and civilians  
Bullet Writing Course is Air Force Specific



COMBATING TRAFFICKING IN PERSONS  
U.S. DEPARTMENT OF DEFENSE



**THERE'S NO ONE FACE**

VICTIMS INCLUDE EVERY RACE, GENDER, NATIONALITY,  
SOCIAL STATUS, ECONOMIC STATUS, IMMIGRATION STATUS.

**RECOGNIZE INDICATORS**

PHYSICAL AND BEHAVIORAL SIGNS OF COERCION, LACK OF  
FREEDOM OR FREE WILL, MONITORED, OR FEARFUL.

**REPORT SUSPICIONS**

IMMEDIATELY TO YOUR CHAIN OF COMMAND OR  
LOCAL LAW ENFORCEMENT.

**ADDITIONAL RESOURCES INCLUDE:**

HUMAN TRAFFICKING DOD HOTLINE AT  
DODIG.MIL/HOTLINE OR CALL TOLL-FREE

**800-424-9098**

NATIONAL HUMAN TRAFFICKING HOTLINE

**1-888-373-7888**

FOR MORE INFORMATION GO TO: <https://CTIP.defense.gov>

# Why Join NVEANGUS?

Fighting for Premium Free  
Healthcare for DSG, MDAY  
Members

Scholarships &  
Emergency Grants

E4 and below 1 year FREE  
membership  
Coupon code E4BELOW



NVEANGUS

WWW.NEVADAEANGUS.ORG

# Handwashing

## at Home, at Play, and Out and About



Germs are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

### How can washing your hands keep you healthy?

Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

### Handwashing helps prevent infections for these reasons:



People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.



Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.



Germs from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.



### What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.



Centers for Disease  
Control and Prevention  
National Center for Emerging and  
Zoonotic Infectious Diseases

## When should you wash your hands?

Handwashing at any time of the day can help get rid of germs, but there are key times when it's most important to wash your hands.

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal feces (poop)
- After touching garbage
- If your hands are visibly dirty or greasy

## What type of soap should you use?



You can use bar soap or liquid soap to wash your hands. Many public places provide liquid soap because it's easier and cleaner to share with others. Studies have not found any added health benefit from using soaps containing antibacterial ingredients when compared with plain soap. Both are equally effective in getting rid of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

## How does handwashing help fight antibiotic resistance?

Antibiotic resistance occurs when bacteria resist the effects of an antibiotic – that is, germs are not killed and they continue to grow. Sickneses caused by antibiotic-resistant bacteria can be harder to treat. Simply using antibiotics creates resistance, so avoiding infections in the first place reduces the amount of antibiotics that have to be used and reduces the likelihood that resistance will develop during treatment. Handwashing helps prevent many sicknesses, meaning less use of antibiotics.

Studies have  
shown that  
handwashing  
can prevent

**1 in 3**

diarrhea-related  
sicknesses and

**1 in 5**

respiratory  
infections, such as  
a cold or the flu.

For more information and a video demonstration of how to wash your hands, visit the CDC handwashing website:

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)