



# Fort Detrick The Standard

A Sustainable Community of Excellence



## Pandemic Cannot Extinguish Fire Prevention Week at Fort Detrick

By Erickson Barnes, USAG Public Affairs

FORT DETRICK, Md. – Fire Prevention Week, observed Oct. 4-10 this year, did not include all of the events and activities of previous years, but the team here persevered and found new ways to engage the community.

Due to the challenges presented by COVID-19, the Fort Detrick and Forest Glen Fire & Emergency Services weren't able to provide the normal hands-on and in-person educational activities, but did provide information through other means. The department leveraged social media for daily fire safety updates throughout the week, and placed informational kiosks in the Commissary, PX, Post Gym, and various other facilities on the Installation.

The department also held curbside visits with the firetrucks and emergency vehicles, took Sparky the Fire Dog to visit the Child Development Center and Child Youth and School Ages Center Activities, conducted a firetruck parade through the residential and housing areas, and Fire Inspectors created a Kitchen Fire Safety video that was posted on social media.

The 2020 National Fire Protection Association's Campaign for

Fire Prevention Week was "Serve up Fire Safety in the Kitchen."

"This year brought new challenges; not only for us, but the entire fire service across the world," said Deputy Fire Chief Jeremy Rebok. "We took an in-depth look at how we could reach our community through virtual messaging, information bulletins and Facebook Live. Although we did not have the ability to provide face-to-face activities this year, the initiatives were successful."

"The team created a strong lineup of activities this week," said Brig. Gen. Michael Talley, Commanding General of the U.S. Army Medical Research and Development Command and Fort Detrick. "I'd like to thank the Fort Detrick and Forest Glen Fire and Emergency Services for the many ways they are helping us stay vigilant during National Fire Prevention Week."

In 1920, President Woodrow Wilson first proclaimed Oct. 9 as National Fire Prevention Day. Two years later, Fire Prevention Week was created and has since been observed in the week surrounding Oct. 9. In 1925, the President of the United States signed a proclamation securing Fire Prevention Week as a national observance, meaning Fire Prevention Week has been

around for 95 years and making it the longest running public safety observance on record.

"Fire Prevention Week has a lot of history behind it and it is extremely important for us at Fort Detrick/Forest Glen Fire & Emergency Services to ensure we provide important information to the workforce, visitors and residents," said Rebok. "We want to ensure our community stays safe in order for us to protect the everyday mission."

"We would like to remind everyone that Fall, Winter, Spring, and Summer bring a variety of risks associated with fires," he added. "Fire safety is particularly important because it affects the entire community and the mission. Everyone's cooperation in following good fire and life safety practices will ensure that our installation and community remains safe and comfortable."

"We are grateful for our Fort Detrick first responders who work hard to keep us safe each and every day," said Talley.



Sparky the Fire Dog visits children at the Child Development Center on Fort Detrick during a socially-distanced curbside visit as part of activities observing National Fire Prevention Week.

Photo by Erickson Barnes, USAG Public Affairs

# USAMMA bids farewell to longest-serving civilian employee after 46-year career

By C.J. Lovelace, AMLC Public Affairs

FORT DETRICK, Md. – In the 46 years that U.S. Army Medical Materiel Agency has called Fort Detrick home, Linda Foltz has been there.

The longest-tenured civilian employee of the agency, Foltz served through several military conflicts and worked to forward USAMMA's mission of developing, delivering and sustaining medical materiel capabilities to build and maintain readiness for the Army and joint forces.

After contemplating retirement several times in recent years, Foltz, 66, finally called it a career on Sept. 30, retiring as deputy director of USAMMA's Force Projection Directorate during a ceremony at Fort Detrick.

"This is not fake news, so I am retiring," Foltz smiled as she opened her remarks. "I'm really humbled and honored."

USAMMA is a direct reporting unit to Army Medical Logistics Command. Both organizations are headquartered at Fort Detrick.

First hired as a supply clerk/technician in 1974, Foltz was one of four graduates of then-Hagerstown Junior College brought on to work for USAMMA when it relocated to the post in Frederick, Maryland, from Valley Forge General Hospital in Phoenixville, Pennsylvania, that closed the same year.

In numerous roles over the next five decades, Foltz, a native of Hagerstown, Maryland, gained extensive knowledge and expertise throughout the Army medical logistics and supply management enterprise as she worked her way up the civilian ranks.

Claudie Shelton, a longtime coworker at USAMMA, described Foltz's impact on the organization – and wider Army medical enterprise – as "immeasurable."

"I've known few who are as knowledgeable and passionate about medical logistics and the advance of the Army medical mission," he said. "Linda, thank you greatly for all of your contributions, including long evenings, and I



***Linda Foltz speaks during her retirement ceremony on Sept. 30 at Fort Detrick, Maryland. Foltz retired after 46 years working as a civilian in various roles at the U.S. Army Medical Materiel Agency. She was the agency's longest-tenured civilian employee.***

***U.S. Army photo by C.J. Lovelace/Released***

wish you well in life's next adventure."

Col. Lynn Marm, who commanded USAMMA from 2016 to 2018, served as the guest speaker during the ceremony. She said Foltz is "one of the most significant and humble leaders in the history of Army medical logistics."

Marm highlighted Foltz's impact on USAMMA, joining on the heels of the Vietnam War and supporting Operations Desert Shield and Desert Storm. Marm said Foltz's influence, expertise and dedication to medical logistics launched USAMMA into a new tempo to support the fight in the Gulf and beyond.

"Linda and her team were absolutely essential to the posture in theater and enabling power projection to Iraq," Marm said. "... And she ensured the best care was available for Soldiers."

Marm, who currently works as director of medical logistics for the Army Surgeon General, said that despite successes across the enterprise, Foltz always remained focused on "the Soldiers who didn't make it home."

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"She constantly strives to help others, because 95% to 98% (survival rates are) not good enough," she said.

Col. John "Ryan" Bailey, current USAMMA commander, said Foltz was a valuable mentor when he was a young officer. He said terms often used to describe Foltz include "master logistician, icon and a legend" to the enterprise, but above all else, she's just "a wonderful human being."

"And someone mentioned 'hero.' That's what you are: A true hero," Bailey said. "There is no doubt in my mind there are people who are living today who were involved in battlefield operations over the past many years, and your efforts directly contributed to saving lives."

During his remarks, Shelton emphasized the scope of Foltz's service to the agency, serving in one capacity or another under 23 of 26 commanders since the agency officially became known as USAMMA in 1965.

Shelton, a logistics management specialist and master of ceremonies for the event, thanked Foltz for her years of service to the nation, as well as to her military and civilian colleagues who benefited greatly from her knowledge and mentorship over the years.

"In the end, I'm just one of the many who have benefited from your experiences, knowledge, guidance and the example you have set," he said. "Thank you from all of us."

After receiving several awards and gifts, Foltz took to the podium to share stories from over the years, but, most importantly, to also thank the friends, family and colleagues who helped and supported her along the way.

"Without everyone, I would not be here today and the person that I am today," she said. "It's been my honor and privilege to work for USAMMA."



*Col. Lynn Marm offers remarks during a retirement ceremony for Linda Foltz, one of the longest-tenured civilian employees of the U.S. Army Medical Materiel Agency, on Sept. 30 at Fort Detrick, Maryland. Marm served as commander of USAMMA from 2016 to 2018.*



*Col. John "Ryan" Bailey, commander of the U.S. Army Medical Materiel Agency, recognizes Linda Foltz for her 46 years of service to the agency during a retirement ceremony Sept. 30 at Fort Detrick, Maryland.*

*Col. Bradley Ladd presents a customized Baltimore Orioles jersey to Linda Foltz during her retirement ceremony on Sept. 30 at Fort Detrick, Maryland. Foltz, an avid Orioles fan, retired after 46 years as a civilian employee with the U.S. Army Medical Materiel Agency.*

*(All photos by C.J. Lovelace, AMLC Public Affairs/U.S. Army photo Released)*



# DETRICK KIDS' CORNER

Highlighting the amazing programs and kids at Fort Detrick

## LATEST BUZZ



### Growing Green Beans

There is something magical about planting a seed and seeing that first green shoot pop up out of the soil.

The Fort Detrick Child Development Center staff teach the children the importance of sunlight and water to make their bean sprouts grow.



### KIDS LEARN FLAG ETIQUETTE



Soldiers from the 114th Signal Battalion and the Maryland National Guard teach a group of children from the Fort Detrick School Age Center U.S. Flag Etiquette, including how to fold and care for our Nations flag.



# USAMMDA Provides Information Session on Warfighter “Point-of-Injury” Awareness

*By Jeffrey Soares, USAMMDA Public Affairs*

On the battlefield, it takes quick-thinking, knowledgeable combat medics to ensure the health and safety of injured Service Members. Recently, the U.S. Army Medical Materiel Development Activity at Fort Detrick, Maryland, hosted a pair of information sessions to provide a glimpse into the typical life of a “68 Whiskey,” or Army combat medic specialist, in theater.

“The topic of these sessions was a ‘point-of-injury’ overview for the staff within the U.S. Army Medical Research and Development Command — and especially for our team here at USAMMDA — to provide an understanding of what the Warfighter, and more specifically the 68 Whiskey, goes through at the point-of-injury,” said Army Sgt. 1st Class Daniel McGarrah, combat medic and senior enlisted advisor to the commander at USAMMDA.

Having served with the U.S. Army’s Special Operations Command, McGarrah is very familiar with the role and responsibilities of the combat medic. Not only did he lead the instruction of this course, he designed the content and curriculum as well.

“Each session included the Tactical Combat Casualty Care protocols, as well as a hands-on demonstration of the

medical equipment that we use, and the various components that are included inside of the combat medic bag and the Army’s Individual First Aid Kit — and why weight and space issues are important,” he explained.

Through a combination of visual material, video clips and in-class presentations, the two-hour course provided a great deal of information for the participants, who appeared very engaged throughout both sessions.

McGarrah began the class by offering a mantra to keep in mind when treating a trauma patient: “B-B-W — Stop the Bleeding, Keep them Breathing, and Keep them Warm.” He said that while most medics will immediately treat uncontrolled hemorrhage and respiratory distress, some may not realize how quickly hypothermia can set in, so the injured person should be wrapped to ensure as much body warmth as possible during transport to a medical treatment facility.

“Hypothermia will affect patient survival in any season or temperature,” said McGarrah. “Current data shows the chance of survival for a trauma patient with a four-degree Fahrenheit drop in body temperature is only 25 percent; but if it falls to 90 degrees or below, the patient’s chances are zero. So always keep them warm.”

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**Army Pvt. 1st Class Sawyer Hill (kneeling center) demonstrates the proper placement of a leg tourniquet on a fellow combat medic, Army Sgt. Joshua Lorber, during an information session at USAMMDA headquarters, Sept. 14.**

*Photo by Jeffrey Soares, USAMMDA Public Affairs*

The course material included scenarios involving massive hemorrhage, circulation issues, and the proper placement of tourniquets to prevent blood loss. Equal attention was given to airway and breathing complications, head injuries, and the methods used to alleviate tension pneumothorax, or compression within the chest. This was followed by a discussion of medical evacuation of the patient, and the importance of following a predesigned evacuation plan that takes into account a variety of problems that may occur on the way to the MTF.

While the first half of the course was presented traditionally by McGarrah from the front of the room, he employed the assistance of fellow combat medics for hands-on demonstrations offered during the second half. The class was divided into two smaller groups that spent time reviewing an Army combat medic bag and first aid kit, and working with a medical mannequin to discuss the items and methods used to treat airway blockage and respiratory distress.

Army Sgt. Nyketa Summerour, a combat medic who works within the Teaching and Education Department at the U.S. Army Medical Research Institute of Infectious Diseases, felt fortunate to be among those called upon by McGarrah to help with the individual breakout sessions.

"I believe this session was very important, because it helped to show civilians what we do as combat medics, as well as the equipment we use and how we use them," she said. "Even with something as 'simple' as a tourniquet, we were able to show the class how this is used, and the importance of using it properly to stop blood loss. As Sgt. 1st Class McGarrah said, uncontrollable hemorrhage is the leading cause of death on the battlefield."

USAMMDA was asked to host this information session via a joint request from the Army's Capability Development Integration Directorate and the U.S. Army Medical Research and Development Command, which is USAMMDA's higher headquarters. Earlier this year, CDID offered to provide this training at Fort Sam Houston, Texas, for USAMRDC staff members. However, the COVID-19 pandemic placed limitations on military and government travel.

"As a compromise to this, leadership decided that I could teach some of the same courses for our personnel here at Fort Detrick, once the COVID-19 crisis lessened," said McGarrah. "I am able to provide the basics of the course, so that our staff members have a solid understanding of the fundamentals before they travel to Fort Sam Houston for the longer, in-depth course, once they are able."

Marianne Erlichman, product management support for USAMMDA's Force Health Protection Division, attended the information session and was very impressed with the team's presentation of the material.

"Sgt. 1st Class McGarrah and his team presented the information in a way that could be easily understood by people who are not familiar with a battlefield scenario," she said. "They all encouraged questions from the audience, and the slides and videos were excellent."

"I think this is a very worthwhile course that could benefit everyone who attends," she added. "The combat medics in the class were able to show us their equipment, including tourniquets to stop bleeding quickly, syringes that contain small compressed gauze bandages to inject into a wound, breathing tubes to insert for someone who is having difficulty breathing, and material to seal up a chest wound. I really found everything to be very interesting and helpful."

For the past 35 years, USAMMDA has been tasked with managing the development of essential medical products and devices requested by the Department of Defense for our military forces, and McGarrah believes this type of information session can provide valuable insight regarding the critical items developed and maintained by USAMMDA.

"This course was created specifically for our civilians, and some military personnel who may not have extensive combat experience," said McGarrah. "Hopefully, they will get a better idea of *why* we do what we do, and why it's important to understand what *our products* do."

"We need to learn from the product failures that have happened in the past, in order to prevent this from ever happening again," he added. "Our Warfighters are counting on us to do this."

McGarrah said that he intends to offer these information sessions once a month going forward, so that more personnel may have the opportunity to attend. Based upon the success of this particular topic, he hopes to provide additional information sessions related to the work and mission of USAMRDC and USAMMDA.



**Army Sgt. 1st Class Daniel McGarrah discusses the evolution of the standard Army combat medic bag with participants of the "Point-of-Injury" information session held at USAMMDA headquarters, Sept. 14.**

*Photo by Jeffrey Soares, USAMMDA Public Affairs*



## Collaboration Key as Military Suicide Prevention Research Strategy Takes Shape

BY: Ramin A. Khalili, USAMRDC Public Affairs

Military suicide is both a pressing and delicate topic. Alongside the many recent efforts undertaken by the U.S. Army Medical Research and Development Command (USAMRDC) to both understand and treat issues surrounding psychological health, the newly-released DOD Suicide Prevention Research Strategy (DOD SPRS) now makes its case as a key tool for achieving future success in those areas.

“These are the big rocks that we need to ensure we are addressing,” says Katharine Nassauer, a portfolio manager at the USAMRDC’s Military Operational Medicine Research Program (MOMRP), of the research strategy. Billed as a tool for identifying funding and investment strategies specific to the study of military suicide, the DOD SPRS was released in September and developed at MOMRP alongside stakeholders from the U.S. Department of Defense (DOD), the National Institutes of Health (NIH), and U.S. Department of Veterans Affairs (VA). Says Nassauer of the strategy, “It’s much broader than just looking at statistics and numbers.”

Regardless of scope, Nassauer hopes the DOD SPRS will serve as a key cog in the enduring effort to prevent what the DOD itself calls the “critical” issue of U.S. military suicide. The strategy was developed at the direct request of the Office of the Assistant Secretary of Defense for Health Affairs (OASD(HA)) and the Defense Health Agency (DHA).

“It important that we do all we can, within and across the Services, to chart a clear and coherent course for suicide reductions in our ranks,” says Cmdr. Christopher Steele, MOMRP director. “Research and development can support novel, integrated approaches and build better partnerships for these directions.”

According to the DOD’s second Annual Suicide Report (ASR) – released in early October – more than 490 Service Members died by suicide in the year 2019. That number – which, according to the ASR, is statistically comparable to the number of military suicide deaths just two years prior in 2017 – is still “not going in the right direction,” according to the DOD. Overall since 2014, suicide rates for active duty Soldiers have increased, while remaining statistically consistent for both Reserve and National Guard groups over the same time period.

“Collaborations are key to preventing suicide,” says Dr. Karin Orvis, director of the Defense Suicide Prevention Office (DSPO), in an announcement regarding the release of the ASR. “We must continue to collaborate on research, data sharing, outreach, and other key efforts. We still have a long road ahead of us, but we will not relent in our efforts.”



U.S. Army Soldiers attending the Basic Leadership Course participate in a suicide prevention course in Grafenwoehr, Germany, July 17, 2020.

Photo Credit: Spc. Zachary Stahlberg

The DOD SPRS document dovetails with the effort to identify those same key research and outreach efforts. The staff at MOMRP was charged with developing the strategy due to their status as a key strategic integrator of psychological health research within the DOD.

“This is a document that lays out for the DOD what our research strategy is going to be for delivering evidence-based solutions to mitigate the suicide problem in the military,” says Nassauer. “This is sort of an overarching, 50 thousand-foot view strategy.”

In short, the DOD SPRS lays out both short-term and long-term goals for DOD-supported research by aligning to the six specific questions – questions previously identified by the National Action Alliance for Suicide Prevention (NAASP) Prioritized Research Agenda for Suicide Prevention. The questions include, for example, “Why do people become suicidal?” and “What new and existing research infrastructure is needed to reduce suicidal behavior?” Each question has its own set of research objectives, of course – which include everything from the identification of external factors contributing to mental well-being to the development of methods to chart potential suicide risk – with the ultimate goal being to address military-specific concerns across the continuum of mental health.

“Some of the research that we’ve been funding over the past decade gets to some of these questions,” says Nassauer, “but there are still some significant gaps.”

It’s likely that collaboration will be a key driver in closing those gaps. To that end, Nassauer is quick to point out the DOD SPRS

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aligns with both the larger DOD and nationwide civilian suicide prevention strategies; an important example of synergy given, according to DSPO, military suicide rates are comparable with the overall U.S. adult population.

For the DOD at-large, the finish line for this effort remains – sadly, and for now at least – a point on the horizon line. But for the team at MOMRP, the hope is that their collective effort – the compiled DOD SPRS – will be a step that leads to tangible, real-world results.

Says Steele, “The hope is that this document helps solidify integrated approaches to improving conditions, and we plan to follow up with research funding to support new research efforts in this space.”

Access the DOD Suicide Prevention Research Strategy (DOD SPRS) here:

[https://mrddc.amedd.army.mil/assets/docs/DoD\\_Suicide\\_Prevention\\_Research\\_Strategy.pdf](https://mrddc.amedd.army.mil/assets/docs/DoD_Suicide_Prevention_Research_Strategy.pdf)

Access the DOD second Annual Suicide Report (ASR) here:

<https://www.dsps.mil/Portals/113/Documents/CY2019%20Suicide%20Report/DoD%20Calendar%20Year%20CY%202019%20Annual%20Suicide%20Report.pdf?ver=YOAA4IZVcVA9mzwtsfdO5Ew%3d%3d>

## FORT DETRICK HAZARDOUS WEATHER GUIDE

[Click here to  
view the Guide](#)

### 2020 Fort Detrick

## Winter Weather Updates

The Public Affairs Office updates the following resources in the order listed:

Social Media: Facebook @DetrickUSAG and Twitter @DetrickUSAG

The Fort Detrick Weather Line: (301) 619-7611

Alert! Mass Warning and Notification System

Other Media Outlets: TV and Radio — Listed Below

Baltimore	Pennsylvania	Washington D.C.	Hagerstown	W. Va	Frederick
WBAL Ch. 11	WGAL NBC Ch. 8 (York)	WJLA ABC Ch. 7	WDVM NBC Ch. 25	WMRE AM 1550	WFMD AM 930
WMAR ABC 4	WCRH FM 90.5	Fox 5 D.C	WWEG FM 106.9	WKSI FM 98.3	WFRE FM 99.9
WJZ Ch. 13	WGTY 107.7	NBC Ch. 4	WARK AM 1490		
WCAO AM 600	WGET 1320 AM	WUSA TV Ch. 9	WJEJ AM 1240		
WPOC FM 93.1	WWMD FM 101	WTOP AM 1500	WILD 96.7 FM		
		WWVZ FM 104.1			
		WRQX FM 107.3			





# USAG EMPLOYEE OF THE QUARTER

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TONY HOCKENSMITH,  
DIRECTORATE OF OPERATIONS

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Congratulations Tony on a job well done!



# USAG EMPLOYEE OF THE QUARTER

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JAY WELCH  
DIRECTORATE OF PUBLIC WORKS

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Congratulations Jay on a job well done!



# Harvest Fest



*Temperatures checked, masks on, hands washed, and safety measures in place made this year's Fort Detrick Family and MWR Harvest Fest look a little different but the event still delivered Halloween fun and excitement Oct. 23, 2020.*

*Held in and around the Child and Youth Services complex, roughly 325 guests took part in the festivities, enjoying an action-packed night. The evening offered something for all ages. Children searched through the pumpkin maze for the right pumpkin to decorate and enter into the pumpkin contest. They even walked the runway to show off their costumes. The volunteer trunk-or-treaters gave away candy and treats as families moved through the social distancing parking lot. The spooky haunted house, featuring six frightening staged scenes, was a howl for those brave enough to enter. Adults enjoyed shopping for decorative metal, scented candles, jewelry, and clothing. The Fort Detrick Chapel joined in the festivities by providing carnival games for the children to test their skills. It was indeed a team effort with the Better Opportunities for Single Soldiers serving as chefs cooking up hamburgers and hotdogs for the crowd. The energetic sounds from the 19th Street Band filled the air with a festive vibe that kept people moving and grooving. The night ended with four great raffles given to lucky winners.*

*Photos courtesy of Fort Detrick Family and MWR*



**Get your Flu Shot!**



***It's Time to Get  
Your Flu Vaccine!***

## **Fort Detrick Influenza Vaccination**

**Active Duty Only: Two-Day Exercise on 29 & 30 Oct 2020**

**\*\*\*\*\* See attached schedule for your unit's day  
and time\*\*\*\*\***

**Location: Bldg. 1520 & 1507 ( Please report to Bldg. 1520 first for screening)**

**DDD Civilians and Eligible Military Beneficiaries  
November 4, 5, 6, 9 & 10**

**Time: 0800-1500hrs. Location: Bldg. 1520**

**Age: 3 years and older**

**\*\*Service Members not on the schedule or missed  
their date will be served during the civilian &  
beneficiaries dates above\*\***

**\*\*Children under 3 years may walk-in at BAHC\*\***

**CYSS Dates TBD Soon**

**Please wear your mask and social distance!!**



# OPERATION HAPPY HOLIDAYS

21 October - 2 December 2020

<https://detrick.armymwr.com/calendar/event/operation-happy-holidays/4675855/53072>

For more information, call 301-619-3455.  
[usarmy.detrack.usag.mbx.acs-frp@mail.mil](mailto:usarmy.detrack.usag.mbx.acs-frp@mail.mil)

Now accepting gift cards for approved families.



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<https://detrick.armymwr.com/>  
<https://www.facebook.com/DetrackMWR/>

MRDC and Fort Detrick

# COMMAND COIN DESIGN COMPETITION

Who knows MRDC and Fort Detrick better than the people who work here?  
We are looking for a new design for the MRDC command coin.  
This competition is open to ALL MRDC and Fort Detrick employees.

The winning design will be the new official coin

**Specifications:**

**Format: circle**

**Colors: no more than 3**

**Front: MRDC imagery**

**Back: Ft. Detrick imagery,  
including ALL services**

**Imagery: anything related  
to MRDC and it's mission**

**Size: 2.5-4 inches**

**File format: .jpg**

**Submit your design to PAO:  
[usarmy.detrick.medcom-usamrmc.  
other.clearances@mail.mil](mailto:usarmy.detrick.medcom-usamrmc.other.clearances@mail.mil)**

**DEADLINE: 25 NOVEMBER**





INSTALLATION  
SAFETY  
BULLETIN  
SB 21-11-01

SAFETY BULLETIN

SAFETY BULLETIN



**THINK** before you pull the trigger!

**Treat** every weapon as if it is loaded.

**Handle** every weapon with care.

**Identify** the target before you fire.

**Never** point the muzzle at anything you don't intend to shoot.

**Keep** your weapon on safe and your finger off the trigger until you intend to fire.

 **ARMY SAFE IS ARMY STRONG**

INSTALLATION SAFETY OFFICE  
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CPF 0005-15-CID361-9H

02 June 2015



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**CCIU Web Page:**

**[www.cid.army.mil/cciu.html](http://www.cid.army.mil/cciu.html)**



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**"DO WHAT HAS TO BE DONE"**

## Home Computer Security

The number of significant computer security breaches at large companies, government agencies, and other organizations continues to rise. Criminals are relentless in their attempts to steal information. While many civilian and military personnel assume using their government authorized access credentials on their home computer makes everything secure, this is not always the case. If the home system is vulnerable, then those access credentials (username, password, and PIN) and your other personal information are not protected. Thus, possibly giving free reign to bank, email, and government accounts to further criminal activity.

Well-intentioned civilian and military personnel do not have the budget or dedicated information technology and security staff of government and private organizations to secure home systems; however, civilian and military personnel can be proactive by initiating home computer security measures. The Computer Crime Investigative Unit recommends users abide by the following ten common and simple protective measures an individual user can implement to mitigate general cyber threats and avoid potential compromises.



### TEN HOME COMPUTER SECURITY TIPS:

1. **Install protective software and ensure the software updates automatically.** Army civilians and military personnel may obtain, for free home use, either Symantec or McAfee antivirus software from the Army Computer Emergency Response Team at [https://www.acert.1sttiocmd.army.mil/Antivirus/Home\\_Use.htm](https://www.acert.1sttiocmd.army.mil/Antivirus/Home_Use.htm).
2. **Patch, Patch, Patch!** Keep your operating system and other software applications updated. Set your computer for automatic software and operating system updates. An unpatched system is more likely to have vulnerabilities that can be exploited.
3. **Choose strong passwords.** Include letters, numbers, and special characters in passwords, create a different password for each important account, and change passwords regularly. Consider using pass phrases for an added level of safety.
4. **Use caution with email.** Ignore unsolicited emails, and be wary of attachments, links and forms in emails that come from people you do not know, or which seem "phishy."
5. **Use secure connections.** When connected to the Internet, your data can be vulnerable while in transit. When accessing websites using personal credentials, check that the web address starts with "https://" indicating a secure connection.
6. **Backup, Backup, Backup!** Backing up your machine regularly



## TEN HOME COMPUTER SECURITY TIPS (CONTINUED):

protects you from the unexpected. Keep a few months' worth of backups and make sure the files can be retrieved if needed.

7. **Be careful what you download.** We live in a digital age in which we can download just about anything to watch, listen, or use. There are hundreds of sites to download legitimate digital content, but there are thousands more that offer bogus, and harmful content, filled with malware designed to steal your financial and other personal information.
8. **Consider what information you post to social networking sites.** Criminals easily obtain personal information from social networking sites and use the information to answer security questions that can lead to password resets and unauthorized account access. Refer to CCIU Cyber Crime Prevention Flyers on [Social Networking Safety Tips](#) and [Facebook](#), [Twitter](#), [LinkedIn](#), and [Google+](#) configuration guides.
9. **Use a standard user account.** The standard user account can help protect your computer from malware installation, because the standard user cannot install programs without the administrator password. Use the administrator account only for system administrative tasks such as installing software.
10. **You are a security layer, so stay informed.** Each individual is a line of defense because no 100 percent solution exists for all security issues. Be wary of social engineering and learn what to do if something goes wrong.

## Previous CCIU Advisories related to Home Computer Security:

[I Don't Want To Plug And Play](#), Universal Plug and Play (UPnP) Vulnerabilities (6 Feb 2015)

[Held for Ransom—Part II](#), Ransomware, (29 Jan 2015)

[Held For Ransom](#), Ransomware, (4 Sep 2012)

[Unsolicited Software or Devices](#), Cybersecurity Concerns with Unsolicited Software/Devices (5 Feb 2014)

## Additional Information:

United States Computer Emergency Readiness Team (US-CERT)

[Home Network Security](#)

[Cyber Security Tips](#)

OnGuardOnline

[Secure Your Computer](#)

University of California, Santa Cruz

[Top Ten List of Good Computing Practices](#)

Version	Date	Version History
1	19 May 10	Original
2	06 June 15	Updated tips and links



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Disclaimer: The appearance of hyperlinks in this Cyber Crime Prevention Flyer (CAF), along with the views and opinions of authors, products or services contained therein does not constitute endorsement by CID. These sites are used solely for authorized activities and information that support the organization's mission. CID does not exercise any editorial control over the information you may find at these link locations. Such links are provided consistent with the stated purpose of this CCPF.

CPF 0016-2020-CID361-9H

20 October 2020

## Protecting Children Online

The coronavirus pandemic increased the use of the internet among children through computers, smartphones, gaming systems, and other devices. Although many children are back to in-person learning, there are more kids online than ever before. The internet influences how children discover and interact with the world around them. Children go online to learn, play, and communicate.

Unfortunately, the internet is not always a safe place for children. Many criminals use the anonymity offered by the internet to prey on vulnerable children and teenagers. Masking their real identities and leveraging the curiosity of children when seeking victims, cyber predators and criminals use a variety of tactics and platforms to prey on unsuspecting children.

### Understand the Risks:

#### Inappropriate Content

Children may encounter inappropriate content online that encourages unlawful or dangerous behavior. Inappropriate content can also leave children confused and unable to process what they have seen. Inappropriate content is different for every age and maturity level, but may include websites, posts, or pictures containing pornography, excessive violence, or hate speech. Many platforms provide a minimum age of use that can be used as a guideline to protect children from inappropriate content for their age.

#### Online Privacy

Online privacy protects children's online information such as name, address, passwords, phone numbers, and other personal information or PII. Personal information should not be shared online. Cybercriminals use the internet to collect information and may target children as children may willingly post or provide personal information. Cybercriminals use children's personal information to commit identity fraud and open credit cards, auto loans, utility services, or other accounts. Geographic locations and street address information should also be protected online as it can lead to criminals targeting your residence or unwanted contact from strangers. Geolocation tags on social media posts or photos give the exact location making it easier for criminals to locate the individual or residence.

#### Cyber Predators

Cyber predators are individuals who use the internet to connect with minors in order to take advantage of them sexually, emotionally, psychologically, or financially. Cyber predators manipulate children by developing trust and a friendship. Teens are more at risk to cyber predators than younger children as they may willingly talk to a predator online even though they know it is dangerous. Some teens turn to online dating or social groups, which can also make them more inclined to meet up with a predator in person.



**Report a crime to U.S. Army  
Criminal Investigation Command**

**Major Cybercrime Unit**

**27130 Telegraph Road  
Quantico, Virginia 22134**

**Email**

**MCU Web Page**

**CID LOOK OUT**  
**ON POINT FOR THE ARMY**

**DISTRIBUTION:**

**This document is authorized for the  
widest release without restriction.**



**"DO WHAT HAS TO BE DONE"**



## **Cyberbullying**

Cyberbullying refers to harassment through the use of digital devices. Cyberbullying can cause emotional or physical distress in children. Cyberbullying can be done by spreading lies, posting embarrassing photos, and sending hurtful messages or threats. Cyberbullying most often occurs through social media, messaging platforms, gaming platforms, and cellphones. Preteens and teens are more likely to become victims of cyberbullying than younger children. Cyberbullying can cause depression, decreased self-worth, hopelessness, and loneliness. Preteen and teen victims of cyberbullying are at higher risk of self-harm and suicidal behaviors.

## **Online Scams**

A variety of scams are carried out online. The most common online scam targeting children are free game advertisements and prize entries that ask for money or personal information. Other online scams targeting children include ads and auctions that offer items at cheap prices, but the items never arrive after sending a payment.

## **Phishing**

Phishing is the use of emails or ads to trick children into clicking malicious links or attachments. Phishing emails and ads are often used to steal personal information by asking for verification of address or other personal information from seemingly reputable sites.

## **Accidental Malware Downloads**

Malware refers to malicious software that disrupts, damages, or gains unauthorized access to a system. Malware can infect computers or other devices and is most often used to steal private information. Malware can also be used to steal credentials or give a cybercriminal access to the device. Kids are more likely to accidentally initiate malware when downloading games or other applications.

## **Children May Encounter Solicitations Through:**

- Social media
- Email
- Texting
- Built-in chats on computer or video games
- Online forums, chat rooms, or message boards
- Software downloads
- Ads

## **Protect Your Children Online**

Parental involvement is critical to help children use the internet safely.

- Talk to your children about their online activities.
- Get familiar with the technology platforms your child likes to use.
- Keep consoles and other devices in an easy to supervise location and be aware of other places where your child may be accessing the internet.
- Ensure children are using privacy controls when setting up accounts.
- Encourage your children to choose appropriate screen names.
- Set rules about what your children can share online.
- Talk to your children about giving out information online and to never give out personal information including passwords, home address, location, phone number, or email address.
- Teach children to ignore messages from strangers and to ask them who they are in contact with online.
- Teach children to never meet in person with someone they met online.
- Install antivirus on computers and mobile devices.
- Keep all software up to date.

- Ensure games and other applications are downloaded from official vendor application stores.
- Consider downloading parental control applications to block inappropriate content, monitor social networks, and monitor calls.

## **Signs Your Child May Be at Risk Online:**

- Spending more time online, especially at night.
- Turning the computer monitor off quickly or changing the screen when you come into the room.
- Becoming overly upset when they are is not allowed on their devices.
- Receiving calls or text from callers you do not recognize.
- Taking extra steps to conceal what they are doing online.
- Receiving mail, gifts, or packages from people you do not know.

If you suspect your child has been victimized, contact your local law enforcement agency, the [National Center for Missing and Exploited Children](#), the [Internet Crime Complaint Center](#), or the [Federal Trade Commission](#).

## **Resources**

[Protecting Kids Online](#) – Federal Trade Commission

[Parent's Guide to Internet Safety](#) – Federal Bureau of Investigation (FBI)

[Safety Pledge: Keep Kids Safer Online](#) – National Center for Missing and Exploited Children

[NetSmartz Digital Safety Lessons for Children](#) – National Center for Missing and Exploited Children

To receive future MCU Cybercrime Prevention Flyers, send an email to: [Subscribe CPF](#)

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**Prevent Drug &  
Alcohol Problems**

**Support Suicide  
Awareness**

**Reduce Stigma**

# Living Your Best Life

**PERSONAL READINESS**

10:00am-11:00am

**Virtual, MS Teams LIVE**

**TO JOIN  
the training, CLICK the  
link date you want to  
attend:**

(Dates have been hyperlinked to MS  
Teams Live event)

**FY21-Quarter 1 Training Dates**

**19 October 2020**

**16 November 2020**

**14 December 2020**



IAW AR 350-1: This training meets the requirement for Personal Readiness. POC is the Army Substance Abuse Program (301-619-1751/ashley.d.bush5.civ@mail.mil)







**Living Your Best Life**

**PRIME FOR LIFE**

**0800-1200/12 Hour course**

**Virtual, MS Teams LIVE**



Prime For Life® empowers individuals to make informed low-risk choices about alcohol and drugs that will help them protect all they value and move them toward the life goals they want to achieve

## **Course Dates**

**QT 1: 27-29 OCT 2020**

**QT 2: 9-11 MAR 2021**

**QT 3: 11-13 MAY 2021**

**QT 4: 7-9 SEPT 2021**

This course is FREE and available to all Service Members and DA Civilians and their family members! POC is the Army Substance Abuse Program (301-619-1751/ashley.d.bush5.civ@mail.mil)



# Threat Awareness and Reporting Program (TARP)

**TARP**

**Two Sessions Per Day**

**10:00am-11:00am**

**14:00pm- 15:00pm**

Virtual, MS Teams

**TO JOIN**

**the training, CLICK the link date  
you want to attend:**

(Dates have been hyperlinked to MS Teams event)

**FY21 TARP Training Dates**

[20 October 2020](#)  
[17 November 2020](#)  
[15 December 2020](#)  
[19 January 2021](#)  
[16 February 2021](#)  
[16 March 2021](#)  
[20 April 2021](#)  
[18 May 2021](#)  
[15 June 2021](#)  
[20 July 2021](#)  
[17 August 2021](#)  
[21 September 2021](#)



IAW AR 381-12: This training meets the requirement for Threat Awareness and Reporting Program . POC is (301-619-3599/claoudious.a.stubbs.civ@mail.mil

# Around Fort Detrick

For updates and materials on COVID-19 visit:

<https://home.army.mil/detrick/index.php/covid-19-information>

## 2020 Combined Federal Campaign

The 2020 Combined Federal Campaign (CFC) has begun and runs through 15 January 2021. Through CFC, you can truly make a difference by contributing to support your favorite charities.

To contribute to CFC please visit the Giving Portal: <https://cbacfc.givecfc.org/>. Contributions can be made by payroll deduction or one-time contribution. If you have not contributed via the CFC's Giving Portal before, you may need to sign up for an account. This is a very user-friendly system; please follow the easy on screen prompts to complete your contribution.

## Nymeo Federal Credit Union at Fort Detrick is closing permanently on Oct. 30, 2020

ATMs will remain for the time being.

## Barquist Army Health Clinic Closures

Barquist Clinic & Pharmacy will be closed on the following dates:  
3 Nov. – Election Day- Clinic closing at 3:30 p.m. and the Pharmacy closes at 3 p.m.

10 Nov. - Reduced Hours (DONSA) – Close at 3:30

11 Nov. - Veterans Day Holiday – Closed All Day

26 Nov. - Thanksgiving Holiday– Closed All Day

27 Nov. - Training Holiday/DONSA– Closed All Day

## Fort Detrick Commissary Hours of Operation for November 2020

**Veterans Day**, Wednesday, Nov. 11 – OPEN from 10 a.m. – 6 p.m.

### Thanksgiving Week Hours:

Monday, Nov. 23 – OPEN from 10 a.m. – 6 p.m.

Tuesday, Nov. 24 – OPEN from 10 a.m. – 7 p.m.

Wednesday, Nov. 25 – OPEN from 10 a.m. – 6 p.m.

Thursday, Nov. 26 – CLOSED for Thanksgiving Holiday

Friday, Nov. 27 – OPEN from 10 a.m. – 6 p.m.

## Leisure Travel Services

Effective 15 Oct 2020

Online at [www.americanforcetravel.com](http://www.americanforcetravel.com)

American Forces Travel (AFT) is open to all active, retired, reservists and 100% disabled and is now open to all DOD civilians. Go to

[www.americanforcetravel.com](http://www.americanforcetravel.com) for information on all of your travel needs.

For more information, please call 301-619-2892

## Thanksgiving Holiday Meal

18 Nov 2020, 11:30 a.m.-1:30 p.m.

Community Activity Center, Bldg. 1529

Traditional Thanksgiving holiday meal will be provided at no cost to the Fort Detrick community. Meals will be provided in to go containers with no dine-in available.

For more information, please call 301-619-2087


## Newcomers Orientation

Nov. 18 at 10 a.m.

Building 1520 Auditorium and Live on Facebook

For more information or to register, call 301-619-6364 or visit

<https://installation.detrick.army.mil/newcomers/index.cfm>



**Working SMOKE ALARMS SAVE LIVES**

**Change Your Clock, Change Your Battery**

*"Dedicated To Life Safety"*

Daylight Savings Time ends Sunday, November 1, 2020

**CONNECT WITH YOUR COMMUNITY**

Get your installation services and post information on the **NEW** Digital Garrison app on your smartphone or tablet.

**DIGITAL GARRISON**  
POWERED BY 



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**Gobble Up the Savings!**

**SELECT FROZEN TURKEYS**

**39¢/lb.**  
WHILE SUPPLIES LAST  
OCT 1 - DEC 31



Check with your commissary for brand availability. [www.commissaries.com](http://www.commissaries.com)