

TESTING AND INCIDENTAL EXPOSURES



Probationers are to avoid alcohol, narcotic and other dangerous drugs. All prescriptions being taken by the probationer **MUST** be provided to Sentence Enforcement Unit monthly and **MUST** be current. It is your responsibility as a probationer to limit your exposure to products and substances that contain alcohol or other products that will result in a positive test result. Probationers **MUST** read product labels and know what is contained in the products before use. Below is a guide of products and substances to avoid while on probation.

_____ **OVER THE COUNTER MEDICINE:** Probationers are prohibited from using cough and cold syrups containing ethyl alcohol (ethanol), such as Nyquil® and other cough syrup brands and liquid medications unless prescribed by a doctor. Cold medicines containing pseudoephedrine may also result in a positive test and should be avoided. Read labels carefully on any liquid herbal or homeopathic remedy and workout/weight control supplement before ingesting.

_____ **CBD AND HEMP PRODUCTS:** Probationers shall **NOT** use any product that contains CBD or Hemp.

_____ **NON-ALCOHOLIC BEER AND WINE:** Non-alcoholic beers and wines contain a residual amount of alcohol and probationers shall **NOT** consume.

_____ **FOOD AND OTHER INGESTIBLE PRODUCTS:** Flavoring extracts such as vanilla or almond extract and liquid herbal extracts such as Ginkgo Biloba are a few examples of products that contain ethyl alcohol. Flambé dishes and other food dishes cooked with wine, beer, or liquor shall be avoided as well as fermented type teas and drinks and communion wine. Poppy food products may also result in a positive test and therefore consumption must be avoided.

_____ **MOUTHWASH AND BREATH STRIPS:** Mouthwashes and other breath cleansing products containing ethyl alcohol are prohibited unless prescribed by a doctor. Non-alcohol alternatives are readily available at most pharmacies and major retail stores.

_____ **CHEWING GUM AND BREATH MINTS:** Some chewing gum and breath mint brands contain alcohol sugars such as sorbitol and must be avoided.

_____ **HAND SANITIZERS:** Hand sanitizers and other antiseptic gels and foams contain up to 70% ethyl alcohol must be avoided; excessive, unnecessary or repeated use of these products could result in a positive test. Hand washing with soap and water is just as effective for killing germs.

_____ **HYGIENE PRODUCTS:** Aftershave, colognes, hair sprays and mousse, astringents, insecticides (bug sprays) and some body washes contain ethyl alcohol and must be avoided; excessive, unnecessary or repeated use of these products could affect test results. Probationers must use products sparingly to avoid reaching detection levels.

_____ **SOLVENTS AND LACQUERS:** Many solvents, lacquers and surface preparation products used in industry, construction, and the home contain ethyl alcohol; excessive inhalation of vapors and topical exposure to such products can potentially cause a positive test result.

Use of a legal or over the counter product WILL NOT be accepted as an excuse for a positive test result. Warrants will be issued for all positive test results. Probationers must also regulate their fluid intake to avoid dilute urine samples as a dilute test may be considered a failed test.

Remember... when in doubt, do NOT use, consume, or apply!!!!!!

I HAVE READ AND UNDERSTAND MY RESPONSIBILITIES:

Probationer Signature

Date

Name (print)