

## JUDICIAL DISTRICT 2 VETERANS TREATMENT COURT INCIDENTAL EXPOSURE CONTRACT

In the Veterans Treatment Court program, we conduct regular, random testing of our participants for all drugs, including alcohol. Because you are now part of that testing process, it is important that you understand a few things about our testing and how to avoid positive tests for exposure to drugs, including alcohol.

### ALCOHOL

The drinkable form of alcohol is ethyl alcohol, also called ethanol. All forms of alcohol are poisons. Ethanol just kills you more slowly than some other forms. Ethanol is not only in alcohol-containing beverages. It is a very common part of many household and industrial products because it mixes well with so many different chemicals. Ethanol can get into your system by drinking it, but also by breathing it, or exposing it to your skin. In many products, ethanol is called something else on the label, even though it is just ethanol, and many product labels do not state anything about ethanol, even though ethanol is in them.

#### **OTHER NAMES FOR ETHANOL:**

Sometimes on product labels ethanol is called by other names. These include:

Alcohol; Alcohol anhydrous; Algrain; Anhydrol; Denatured ethanol; Ethyl hydrate; Ethyl hydroxide; Jaysol; Jaysol S; Methylcarbinol; SD Alcohol 23-hydrogen; Tecsol; C<sub>2</sub>H<sub>5</sub>OH; Absolute ethanol; Cologne spirit; Fermentation alcohol; Grain alcohol; Molasses alcohol; Potato alcohol; Aethanol; Aethylalkohol; Alcohol, dehydrated; Alcohol, diluted; Alcool ethylique; Alcool etilico; Alkohol; Cologne spirits; Denatured alcohol CD-10; Denatured alcohol CD-5; Denatured alcohol CD-5a; Denatured alcohol SD-1; Denatured alcohol SD-13a; Denatured alcohol SD-17; Denatured alcohol SD-23a; Denatured alcohol SD-28; Denatured alcohol SD-3a; Denatured alcohol SD-30; Denatured alcohol SD-39b; Denatured alcohol SD-39c; Denatured alcohol SD-40m; Etanolo; Ethanol 200 proof; Ethyl alc; Etylowy alkohol; EtOH; NCI-C03134; Spirits of wine; Spirt; Thanol; Alkoholu etylowego; Ethanol, solution; Ethyl alcohol anhydrous; SD alcohol 23-hydrogen; UN 1170; Tecsol C; Alcare Hand Degermer; Absolute alcohol; Cologne spirits (alcohol); Denatured alcohol; Ethanol, silent spirit; Ethylol; Punctilious ethyl alcohol; Pyro; Spirit; Synasol; USI in oval; Ethanol standard.

A product with a label stating any of the names above contains ethanol and may cause you to have a positive test for alcohol, especially if you are exposed to a lot of it or are exposed repeatedly.

AND, sometimes a product will contain ethanol, but the label will say nothing about it.

#### **ALCOHOL TESTING:**

When we test your urine for exposure to ethanol, we are actually measuring two substances called ETG and ETS. When your body is exposed to ethanol, it produces ETG and ETS as by-products. Only ethanol causes your body to produce ETG and ETS. So, if you test positive for ETG and ETS, you have been exposed to ethanol, period. However, we have no way of knowing whether your exposure to ethanol was from drinking alcoholic beverages or from some other exposure to a product containing ethanol. So, if you test positive for ethanol exposure, we have to assume you have been drinking.

In addition, our ability to detect ETG and ETS in your urine has become better in the last several years. Now, we can detect even trace amounts of ethanol consumption or exposure. We are also capable of detecting ethanol ingestion or exposure for significantly longer periods of time after exposure. Because these tests are so sensitive, you may test positive for ethanol consumption or exposure by breathing in products that contain ethanol, by exposing them to your skin, or by drinking them.

In order to preserve the integrity of the Veterans Treatment Court testing program, and to be fair with you, you are warned to avoid exposure to any and all products containing ethanol.

## **IT IS YOUR RESPONSIBILITY:**

It is **YOUR** responsibility to avoid or limit your exposure to products and substances that contain ethanol. It is **YOUR** responsibility to know what is contained in the products you use, consume, or are exposed to **BEFORE** you use or expose yourself to them. Many household and industrial products contain ethanol, even though the label does not say so.

**IF THERE IS ANY DOUBT WHETHER A PRODUCT CONTAINS ETHANOL, DO NOT EXPOSE YOURSELF TO IT! IF YOU TEST POSITIVE FOR EXPOSURE TO ETHANOL, YOU WILL BE TREATED AS THOUGH YOU DRANK ALCOHOLIC BEVERAGES, NO MATTER WHAT THE ACTUAL SOURCE OF THE ETHANOL EXPOSURE.**

## **SOME OF THE PRODUCTS THAT CONTAIN ETHANOL:**

***Use of products containing ethanol, including, but not limited to, those detailed below is a violation of this contract will NOT be allowed as an excuse for a positive test result. A positive test will result in loss of your clean time with the Veterans Treatment Court program, and may result in jail time or expulsion from the program.***

**Cough syrups and other liquid medications:** Veterans Treatment Court participants have always been prohibited from using alcohol-containing cough/cold syrups, such as Nyquil<sup>®</sup>. Other cough syrup brands and numerous other liquid medications, rely upon ethyl alcohol as a solvent. Veterans Treatment Court participants are required to read product labels, ask pharmacists, and research products themselves carefully to determine if they contain ethyl alcohol (ethanol). All prescription and over-the-counter medications should be reviewed with your case manager before use. Information on the composition of prescription medications should be available upon request from your pharmacist. Non-alcohol containing cough and cold remedies are readily available at most pharmacies and major retail stores. Just because the label does not state that it contains ethanol does not mean ethanol is not in it. If it is any form of medicine, and it is in liquid or gel-cap form, it probably contains ethanol, even if the label does not say so.

**Non-Alcoholic Beer and Wine:** Although legally considered non-alcoholic, NA beers (e.g. O'Douls<sup>®</sup>, Sharps<sup>®</sup>) do contain a residual amount of alcohol that may result in a positive test result for alcohol, if consumed. Veterans Treatment Court participants are **not** permitted to ingest NA beer or NA wine.

**Food and Other Ingestible Products:** There are numerous other consumable products that contain ethyl alcohol that could result in a positive test for alcohol. Flavoring extracts, such as vanilla, lemon or almond extract, and liquid herbal extracts (such as Ginko Biloba), could result in a positive screen for alcohol or its breakdown products. Communion wine, food cooked with wine, and flambé dishes (alcohol poured over a food and ignited such as cherries jubilee, baked Alaska) must be avoided. Read carefully the labels on any liquid herbal or homeopathic remedy, but do not rely entirely on the label. Do not ingest or apply it without approval from the Veterans Treatment Court. Even over ripe fruit or spoiled fruit juices can contain ethanol.

**Mouthwash and Breath Strips:** Most mouthwashes (Listermint<sup>®</sup>, Cepacol<sup>®</sup>, etc.) and other breath cleansing products contain ethyl alcohol. The use of mouthwashes containing ethyl alcohol can produce a positive test result. Veterans Treatment Court participants are required to read product labels and educate themselves as to whether a mouthwash product contains ethyl alcohol. Use of ethyl alcohol-containing mouthwashes and breath strips by Veterans Treatment Court participants is not permitted. Non-alcohol mouthwashes are readily available and are an acceptable alternative. If you have questions about a particular product, bring it in to discuss with your case manager.

**Hand sanitizers:** Hand sanitizers (e.g. Purell<sup>®</sup>, Germex<sup>®</sup>, etc.) and other antiseptic gels and foams used to disinfect hands contain up to 70% ethyl alcohol. Use of these products could result in a positive urine test. Hand washing with soap and water are just as effective for killing germs. Many public bathrooms have soap dispensers that dispense soap with ethanol in it.

**Hygiene Products:** Aftershave and colognes, hair sprays and mousse, astringents, spray-on deodorant

or athlete's foot spray, insecticides, insect repellents (such as Off®) and some body washes contain ethanol. Participants should avoid exposure to any such products entirely. There are some substitute products that do not contain ethanol. For example, most insect repellent creams do not contain ethanol. All insect repellents that spray do contain ethanol. If you must use products that may or may not contain ethanol, do so very sparingly to avoid reaching detection levels. Just as the court requires Veterans Treatment Court participants to regulate their fluid intake to avoid dilute urine samples, likewise each participant must be responsible for what his or her body is exposed to.

**Solvents and Lacquers.** Many solvents, lacquers and surface preparation products used in industry, construction, and the home, contain ethanol. Both excessive inhalation of vapors, and topical exposure to such products, can potentially cause a positive test result for alcohol. As with the products noted above, Veterans Treatment Court participants must educate themselves as to the ingredients in the products they are using. There are alternatives to nearly any item containing ethyl alcohol. Exposure to such products should be entirely avoided, or kept to a minimum if unavoidable. A positive test result will not be excused by exposure or use of an alcohol-based solvent. If you are in employment where contact with such products cannot be avoided, *you need to discuss this with your probation officer and the Veterans Treatment Court Team.* Do not wait for a positive test result to do so.

**Remember! When in doubt, don't use, consume or apply.**

**If it comes in a bottle or a can and smells nice or sprays, it probably has ethanol in it.**

**Assume that all products contain ethanol until you know otherwise.**

**If you test positive, you will be treated as if You drank alcoholic beverages.**

#### **IT IS NOT THAT HARD:**

We have tried to warn you very clearly and sternly about substances and products that contain ethanol because we want to be fair with you. We have no choice but to treat every positive test for ethanol as if you were drinking. But, every year, hundreds of thousands of people are part of drug testing programs in which they are tested for ethanol exposure, and if they are careful, they completely avoid testing positive for ethanol exposure from sources other than intentionally drinking alcoholic beverages. While our testing may very well pick up ethanol exposure from sources other than drinking, it is designed to focus primarily on those who ingest alcohol intentionally. By simply being careful, you can and will succeed in avoiding exposure to ethanol-containing products or substances. Lots of people do it all the time all over the world.

#### **Attention Felony/Misdemeanor DUI participants:**

If you have been granted a restricted driver's license that includes the requirement of an Ignition Interlock Device in your vehicle, **you MUST report any lock out alert to your Probation Officer within 24 hours and you must report for a drug test the same date of the lock out alert.** This is a requirement whether you were able to start the vehicle shortly thereafter or not. Failure to comply with this rule may result in loss of your restricted license.

#### **I HAVE READ AND UNDERSTAND MY RESPONSIBILITIES:**

\_\_\_\_\_  
PARTICIPANT'S SIGNATURE

\_\_\_\_\_  
DATE