

Laura Curran
County Executive

*CERT All-Member
Monthly Newsletter*

FEBRUARY, 2018

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**CERT IS
WHAT
YOU
MAKE IT**



**COUNTY,
STATE,
&
FEDERAL
ONE TEAM**

Nassau County CERT Newsletter

Dear Members

It's with deep sorrow that we had the recent passing of Roger Goodwin. He was a great team member of the Nassau County OEM staff and CERT Program Leader. He will be sorely missed and loved. We will keep him and his family in our thoughts and prayers.

Touching upon recent health news, the influenza epidemic is still upon us and as many of you are aware, it is considered by the CDC the worst flu season since the swine flu pandemic. With in New York alone, there have been over 5,200 cases of hospitalizations and it is not coming to an end anytime soon. It is not too late to obtain the flu vaccine and there are many places still offering it at low cost or free. It is important to discuss the facts and helpful hints of preventing the flu with our family and friends. Being healthy and informative is a very important part of protecting ourselves and fellow CERT members.

In order to keep CERT a vital and dynamic organization, we need to continue adding active members. To this end, a new CERT basic class will begin on February 28th. As current members, you are the best ambassadors the program has. While there is very strong interest in the class, we continue to recruit additional students. If you know anyone who may be interested, please refer them to us via oemcert@nassaucountynv.gov.

As we enter 2018, we look forward to continuing to grow and improve the CERT program. If you have any type of training you'd like to suggest, that reinforces our skills as CERT's please contact us.

Our door is always open please contact Bob, Danielle or Paul if you have any concerns, questions we are here for all of you.

We would like to wish all our members and there families a happy, healthy and safe 2018. We look forward to a great 2018 for the CERT program!

Best Regards,

Bob , Danielle & Paul

Everyday Preventive Actions That Can Help Fight Germs, Like Flu

FIGHT FLU



CDC recommends a three-step approach to fighting the flu.

CDC recommends a three-step approach to fighting influenza (flu). The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. This flyer contains information about everyday preventive actions.

How does the flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

What are everyday preventive actions?

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.



For more information, visit:
www.cdc.gov/flu
or call **1-800-CDC-INFO**



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.



What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?

- Find out about plans your child's school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child's school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home.

Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against the flu.

Nassau County Office of Mental Health, Chemical Dependency
and Developmental Disabilities Services

Behavioral Health Awareness Campaign
Overdose Prevention Naloxone/Narcan Trainings



**HELP SAVE THE LIFE
OF A LOVED ONE!**

LEARN:

- **The signs of an opiate overdose;**
- **How to reverse an opiate overdose;**
- **About new treatment approaches.**

Every day, at least one Long Islander dies from an opiate overdose. And those are only the ones we know of - the ones directly caused by Heroin or prescription painkillers such as Percoset or Oxycodone.

About 7 out of 10, died at home.

If you don't think it can happen to someone you care about, please think again. Overdoses can happen to anyone.



We will give you for FREE, the overdose reversal agent, Naloxone - and we'll show you how and when to use it. We'll also tell you about Nassau's newest and effective treatment approaches - including injectable, extended-release Naltrexone; and integrated care.

***DON'T MISS A CHANCE
TO SAVE A LIFE.***

If you are interested in the [Nassau County Overdose Prevention And Naloxone Training](#)

At any of the listed locations You must register at:

<https://forms.nassaucountyny.gov/agencies/CE/narcan/ontraining.php>

Narcan in Hempstead

Lawrence Road Middle School - 50 Lawrence Road, Hempstead, NY 11550

Tuesday, January 30, 2018 07:00 PM

Narcan in Roosevelt

REACT Center - 27 A Washington Place, Roosevelt, NY 11575

Wednesday, February 7, 2018 07:00 PM

Narcan in Glen Cove

Congregation Tifereth Israel, 40 Hill St, Glen Cove, NY 11542

Monday, March 5, 2018 07:00 PM

Naloxone/Narcan in Cold Spring Harbor

Cold Spring Harbor Laboratory, Hawkins Conference Room,

1 Bungtown Road, Cold Spring Harbor, NY 11724

Thursday, March 15, 2018 07:00 PM

Naloxone/Narcan Training in Franklin Square

H Frank Carey High School, 230 Poppy Ave, Franklin Square, NY 11010

Monday, March 19, 2018 07:00 PM

Naloxone/Narcan in Hicksville

CN Guidance and Counseling Services, 950 S Oyster Bay Rd, Hicksville, NY 11801, USA

Tuesday, March 27, 2018 07:00 PM

Narcan in West Hempstead

West Hempstead Public Library, 500 Hempstead Ave, West Hempstead, NY 11552

Monday, April 9, 2018 07:00 PM

Naloxone/Narcan in Woodmere

Woodmere Fire Department, 20 Irving Place, Woodmere, NY 11598

Monday, April 16, 2018 07:00 PM

Naloxone/Narcan Training in Bayville

Bayville Fire Department, 258 Bayville Ave, Bayville, NY 11709

Wednesday, April 18, 2018 07:00 PM

The Division 2 Meeting was held on Tuesday, January 16th. A presenting with regards to Fire Prevention & Safety seminar was given by Bob Chiz. Also Judy Ryan gave a presentation with regards to the Incident Command System (ICS) and CERTS role during activations.



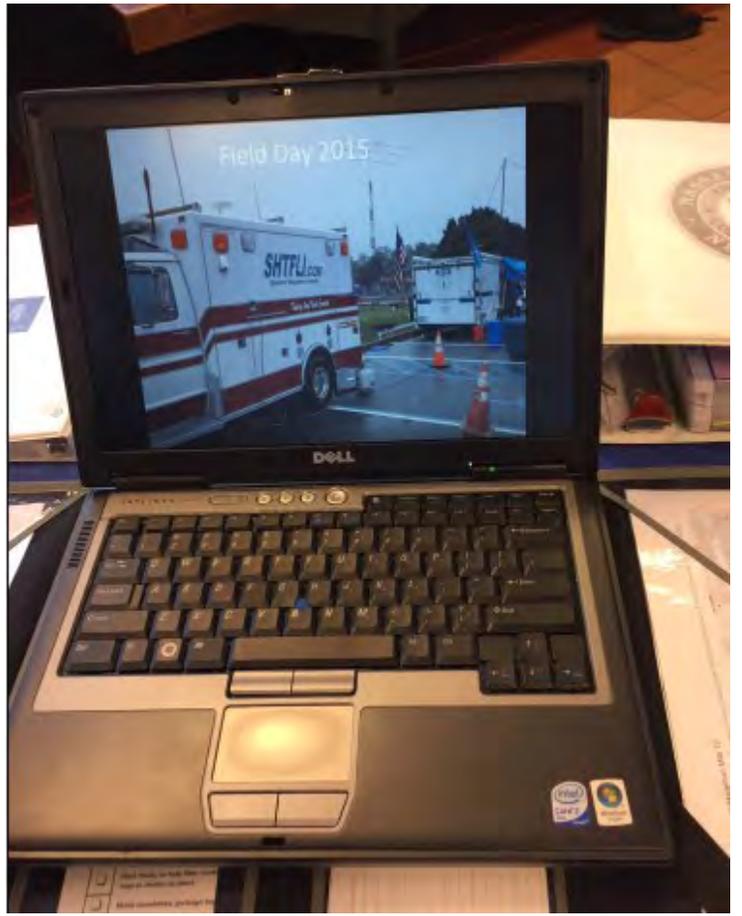
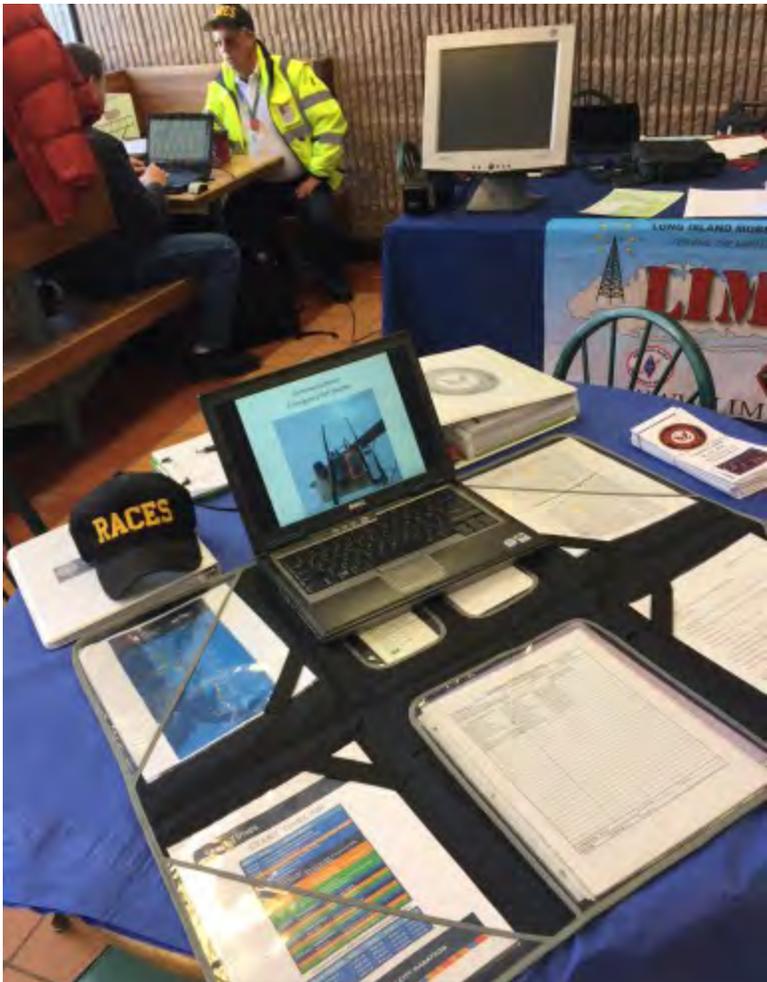
2018 Ham Radio University

On January 6th 2018 over 300 Amateur Radio operators and those interested in the hobby gathered at Ham Radio University (HRU) which also serves as the ARRL New York City / Long Island Section Conference. This year the location changed to LIU - CW Post Campus and the day was moved to the first Saturday in January instead of the first Sunday. Although there were some changes the purpose remained the same. HRU is a day of learning, exchanging of ideas and networking with others who share common interests. There are over 30 forums of many topics to choose from to expand your knowledge on a particular subject or get an overview of something you may not be familiar with. Also during HRU, there is an exam session for those interested in becoming a "Ham" or upgrading their license. Of course, there is always a Key Note Speaker. This year it was ARRL Hudson Division Director Mike Lisenco N2YYB who spoke on several Amateur Radio topics.

In addition to the many educational forums held, radio clubs and organizations set up displays and handed out related information. Nassau County RACES and CERT had displays and helped spread the word on our respective rolls throughout our county. I must say my favorite part of HRU is putting a face to a call sign you have chatted with on the radio or meeting a counterpart from another city, county or state. This is where the networking and exchanging of ideas and helping out fellow ham operators takes place. This happens particularly when it comes to our rolls as emergency communicators a disaster. We all know disasters know no boundaries and by working together both in training and at public service events we are better equipped when called upon for a "Real World Event" For more information on HRU, go to www.HamRadioUniversity.org.

Bob Long KC2PSN / WQME569
Nassau County RACES / CERT Chief Radio Officer







Radio Amateur Civil Emergency Services (RACES)

RACES Meeting and Training 2018

All dates and topics are tentative

| Date | Training Topic |
|--------------------|------------------------------------|
| January 22, 2018 | IAP ICS Forms Table Top |
| February 26, 2018 | CAP Presentation |
| March 19, 2018 | Secrets of Decision Making |
| April 16, 2018 | Summer Skywarn Reportable Criteria |
| May 21, 2018 | EOC Messaging |
| June 18, 2018 | Interoperability |
| July 16, 2018 | Leadership Training |
| August 20, 2018 | OEM Command Vehicle |
| September 17, 2018 | Preparedness Exercise |
| October 15, 2018 | Winter Skywarn Reportable Criteria |
| November 19, 2018 | Station Setup - Shelter Operations |
| December 17, 2018 | Year End review |

February 2018 - Upcoming Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---------|------------------------------|----------------------------------|---|----------|
| | | | | 1 |  | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 Lincoln's Birthday (OEM Office Closed) | 13 | <i>Valentine's Day</i> | 15 Officers Meeting 7pm |  | 17 |
| 18 | 19 Presidents' Day (OEM Office Closed) | 20 | 21 | 22 Washington's Birthday | 23 | 24 |
| 25 | 26 RACES Meeting 7:30 p.m. | 27 | 28 CERT Basic Class #1 | | | |

Important CERT Dates

Officers Meeting

February 15th
Nassau County OEM Lecture Hall
Time: 7 pm

RACES Meeting

February 26th
Nassau County OEM Lecture Hall
Time: 7:30 pm

CERT Basic Class

LIU-CW Post Campus
Humanities Hall - Room 119
720 Northern Blvd
Brookville, NY 11548

February 28

March 7, March 14, March 21, March 28
April 4 (at OEM), April 11 (Graduation)

As a reminder the CERT Office and
the County of Nassau Offices will be
closed on these dates

February 12 & 19

March 2018 - Upcoming Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------------|---------|-------------------------------|----------------------------------|--------|---|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 CERT Basic Class # 2 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 CERT Basic Class # 3 | 15 Officers Meeting 7pm | 16 |  |
| 18 | 19 RACES Meeting 7:30 p.m. | 20 | 21 CERT Basic Class # 4 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 CERT Basic Class # 5 | 29 | 30 | 31 |

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Nassau County CERT Coordinator

Bob Chiz & Danielle Krause

oemcert@nassaucountyny.gov

CERT Deputy Director

Paul Shapiro

pshapiro@nassaucountyny.gov

CERT Section Chiefs

| | | | |
|-----------|---------------------|----------------------|----------------------|
| | Paul Shapiro | Jeffrey Sliva | David Sobolow |
| Logistics | Operations | Planning | Admin/Finance |

Division 1

Division Supervisor

Bill Pavone

nassaucertdiv1@yahoo.com

Division 3

Division Supervisor

Alex Gallego

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Division 5 - Campus CERT

Division Supervisor

Stephanie Gobbo

Stephanie.Gobbo@liu.edu

Division 2

Division Supervisor

Judy Ryan

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Division 4

Division Supervisor

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Deputy Supervisor

Kathy Seifreid

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CERT BASIC CLASS

LIU-CW Post Campus
Humanities Hall - Room 119
720 Northern Blvd
Brookville, NY 11548

February 28, March 7, March 14, March 24, March 28, April 4, April 11 (Graduation)

PLEASE HELP US RECRUIT NEW MEMBERS!!

OEMCERT@NASSAUCOUNTYNY.GOV