

CERT ALL MEMBER WEEKLY BRIEF OCTOBER 15, 2009

CERT is what you make it!

The weekly CERT Brief is available on our webpage at:

<http://www.nassaucountyny.gov/agencies/OEM/CC/CERT/brief.html>

If you have any suggestions including training or comments on how to make CERT better, please send an email to oemcert@nassaucountyny.gov. Or call us at 573-0648 and leave a message.

All responses are kept strictly confidential unless otherwise expressed.

A MESSAGE FROM BOB

On behalf of County Executive Tom Suozzi and Commissioner James J Callahan III thank you for your dedication and commitment to CERT and Citizen Preparedness.

I am pleased to report we have submitted a very comprehensive grant application for the next round of Citizens Corps Federal funding! We have a great program and are very aggressive with our plans for the future! I believe that through your assistance and dedication we can accomplish everything we set out to do! You have been doing a great job educating the community in disaster preparedness including the H1N1 outreach! We have been including our neighbors from NYC, Suffolk, Westchester, and Yonkers and our friends The American Red Cross in our training and exercises and through your volunteerism we can continue to keep up the momentum we have established! Please volunteer to help with the many activities we have! A special thank you to Nancy and Maria for their help preparing the grant! This program is great because of volunteers like you! Thank you for your dedication and commitment to CERT and Citizen Corps!

We still need more members who can be instructors, instructor assistants, speakers, and tabling event participants! We have many events throughout the year that require volunteers! If you can spare some time please speak with your Team Unit Leader (TUL) about what you might be able to do! Some activities do not require stepping up in front of people, but just being there to offer support to new members participating in the training tabletop exercises or staffing a table for part of a weekend day at a street fair. If you need further information or are interested in volunteering please email oemcert@nassaucountyny.gov subject "**Outreach and Education Team Membership**"

Please see the C W Post training calendar at the end of this brief. **WE NEED INSTRUCTORS** and a class IC! **The IC is responsible for getting the class going and keeping it on track! You can also have a Deputy IC!** Please see if you can attend one or more nights of this class! We expect this C-CERT to be the biggest class yet at 50-60 participants so we will NEED extra volunteer help, even on the nights VEEB is teaching. This course is being widely promoted by the CW Post campus Public Safety Department! Show your support and be a part of this! We are always invited to the drills here!

Postponed to Weekend of 24th! **The Bellmore Street Fair** is one of the largest street fairs in the county and we will be there for the first time this year! PLEASE volunteer some time to staff the table! WE NEED YOUR HELP!!!! See the mission below for details. The fair has been postponed to next weekend the 24th and 25th of October.

TRAINING

Nassau County CERT October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12 Columbus Day	13	14 Basic 4*** Wednesdays Class VII 6:30-10:00pm Farmingdale	15	16	17 Lynbrook Greis Park 9am-3pm
18	19 5 Towns	20 Planning Meeting 7:00-9:00pm	21 Basic 4*** Wednesdays Class VIII 6:30-10:00pm Farmingdale	22 DOH Health POD Operations Course Pt Washington	23	24 Bellmore Street Fair
25 Bellmore Street Fair	26 Basic 5** Mondays Class I 6:30-10:00pm CW Post	27 Freeport General Staff Meeting 7:00-9:00pm	28	29	30	31

Note: Yellow dates denote Nassau County holidays.

*** Location: South Farmingdale Fire House, 819 Main Street, South Farmingdale, NY 11735

** Location: C.W. Post Campus- Long Island University 720 Northern Blvd. Brookville, New York 11548

Nassau County CERT November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings ends	2 Basic 5** Mondays Class II 6:30-10:00pm CW Post	3 Election Day SE Sector	4	5	6	7
8	9 Basic Class III** 6:30-10:00pm CW Post 5 Towns	10	11 Veteran's Day	12	13	14
15	16 Basic 5** Mondays Class IV 6:30-10:00pm CW Post	17 Planning Meeting 7:00-9:00pm SE Sector	18	19	20	21
22	23 Basic 5** Mondays Class V 6:30-10:00pm CW Post	24 General Staff Meeting 7:00-9:00pm	25	26 Thanksgiving Day	27	28
29	30 Basic 5** Mondays Class VI 6:30-10:00pm CW Post					

Note: Yellow dates denote Nassau County holidays.

**Location: C.W. Post Campus- Long Island University 720 Northern Blvd. Brookville, New York 11548

In service training is open to all active CERT members on a first come first served basis.

ICS training is open to other groups, agencies, friends, colleagues, businesses, etc., who may have a need to operate in a disaster or emergency. OEM is inviting all with a need for this information to join

the training! (Some restrictions apply!) Please forward this announcement for ICS to any school, business or agency that would benefit from the training. **Don't forget that for EVERY CERT Training and activation YOU NEED to be prepared! Bring your CERT Gear! Have appropriate clothing and footwear on! Have your CERT uniform! Be prepared!**

NEW Health POD Operations Course

October 22 Thursday 7:00 – 9:00 pm (this is a 2 hour course)

Harbor Links, NY 1 Fairway Dr Port Washington, NY 11050-4669

This class will prepare you to staff a Point of Distribution (POD). This 2 hour training will enable you to effectively participate in all aspects of a POD. **Sign up by email to oemcert@nassaucountyny.gov with "POD-1022" in subject.**

ACTIVATIONS AND MISSION REQUESTS

Missions that have not been posted before will be marked NEW and missions that have been completed or missions such as table events with positions that have been filled by volunteers will be removed from this section. The calendar above will have the events posted in it.

NEW Mission Request 20091014A

Mission: Sort and bundle Certificates for Youths from Exercise

Date: ASAP

Times: between 8:00 AM and 3:00 PM

Skills: Sort through 140 certificates and a master list, Bundle certificates into troop numbers and place some in envelopes for mailing or pick up, Should take approximately 3 – 4 hours

Personnel: 1 CERT volunteer needed

Location: OEM offices at 100 Carman Ave East Meadow NY 11554

Method: You will be provided: certificates and master list, envelopes, etc,

You will Bring: nothing,

Attire: casual business attire for inside the EOC (Emergency Operations Center), cert shirt **or** green or white shirt

Due Date: Please respond ASAP!

Reason: We need to send volunteers from our September exercise the certificates

Sign up: Send Email oemcert@nassaucountyny.gov subject "Mission Request 20091014A certificates"

Team Leader for Activity: Bob B

Refreshments: Coffee, water, lunch at lunch time

Due Date: Please respond ASAP!

Mission Request 20090924A (WE STILL NEED HELP WITH THIS HUGE EVENT)

Mission: The 23rd Annual Bellmore Family Street Festival

Date: **Postponed to next weekend the 24th and 25th of October. 2009 Saturday and Sunday**

Times: Between the hours of 11:00AM - 6:00PM **First shift: 10:00AM - 2:30 PM Second shift: 2:30PM - Approx 6:30PM BOTH DAYS**

Skills: Staff display table for OEM of CERT and Go Kits Pass out brochures on preparedness

Personnel: 6 CERT volunteers needed (3 for each shift)

Location: Bellmore RR X area

Method: You will be Provided: Tables, canopy, banner, brochures, display Go Bag; You will Bring:

CERT kit; **Attire:** Deployment Attire- CERT uniform- vest, hard hat or cap, cert shirt **or** green or white shirt, jeans, cargo, BDU pants okay; Refreshments: Unknown if available

Due Date: Please respond ASAP!

Reason: CERT signed up largest local street fair draws 100,000 plus annually

Sign Up: Send Email to oemcert@nassaucountyny.gov subject "Mission Request 20090924A"

EXERCISES

CW Post Campus Public Safety Exercise

The CW POST EXERCISE HAS BEEN CANCELED till further notice!

OTHER NEWS AND INFORMATION

Cybersecurity

Eight years ago last week, [Presidential Executive Order 13228](#) was issued, establishing the Office of Homeland Security (OHS) and the Homeland Security Council. This first step led to the creation of the Department of Homeland Security, charged with keeping our nation safe from the many threats we face. While some threats may be clearly understood, such as a terrorist plot, others may not be as well defined. A cyber attack against our nation's network and computer assets is a prime example. As we continue to mark [Cybersecurity Awareness Month](#) this October, it is important that individuals learn about various cyber risks, and how they can protect themselves. Below are some basic tips about cybersecurity that can help you, your family and your workplace secure valuable online and computer resources.

- Make sure that your anti-virus software and firewalls are up-to-date.
- Back up key files on a removable disc, and store in a safe place.
- Practice safe surfing. The Association for Library Services for Kids boasts a list of [hundreds of great age and content-appropriate websites](#) for children.
- Subscribe to the National Cyber Alert System from the U.S. Computer Emergency Readiness Team at www.us-cert.gov.

From protecting against terrorist threats and cyber attacks, to implementing smart and effective immigration policy, the mission of keeping America safe that began eight years ago continues at DHS today – as strong as ever.

Source: US Department of Homeland Security Center for Faith-Based and Community Initiatives

H1N1 Information Update

(CDC) 2009 H1N1 flu (sometimes called "swine flu") is a new influenza virus that is spreading worldwide among people. Because this virus is very different from current seasonal influenza viruses, many people will not have protective immunity against it and the seasonal flu vaccine will not protect against it either. Influenza is unpredictable, but this flu season could be worse than recent years because of the 2009 H1N1 virus. CDC is preparing for an early flu season and expects both 2009 H1N1 flu and seasonal flu to cause illness, hospital stays and deaths this season.

How does 2009 H1N1 flu spread?

Both 2009 H1N1 flu and seasonal influenza are thought to spread mostly from person to person through the coughs and sneezes of people who are sick with influenza. People also may get sick by touching something with flu viruses on it, and then touching their mouth or nose.

How long can a sick person spread 2009 H1N1 flu to others?

People infected with 2009 H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to about 7 days after getting sick. This can be longer in some people, especially children and people with weakened immune systems.

How severe is illness associated with this 2009 H1N1 flu virus?

2009 H1N1 flu illness has ranged from mild to severe. Most healthy people who have been sick with 2009 H1N1 have recovered without needing medical treatment, however, hospitalizations and deaths from 2009 H1N1 have occurred. Most people who have been hospitalized with 2009 H1N1 have had a medical condition that places them at higher risk of serious flu-related complications. However, some people who have become very ill have been previously healthy. Severe infections have been reported among people of all ages. While few people over the age of 65 have been infected with this new virus, if people in this age group become ill, they are at higher risk of developing flu-related complications.

Who is at greatest risk of infection with this new virus?

So far, younger people have been more likely to be infected with 2009 H1N1 flu than older people. Most cases of 2009 H1N1 have occurred in people younger than 25 years of age. At this time, there are relatively few cases of 2009 H1N1 in people 65 or older, which is unusual when compared with seasonal flu.

Prevention

What can I do to protect myself from getting sick from 2009 H1N1 flu?

CDC recommends a three-step approach to fighting the flu: vaccination, everyday preventive actions including frequent hand washing and staying home when sick, and the correct use of antiviral drugs if your doctor recommends them.

A vaccine against 2009 H1N1 flu is being produced. To protect those at greatest risk of 2009 H1N1, CDC recommends that certain people get the 2009 H1N1 flu vaccine first when it becomes available. These key groups include people who are at higher risk of getting sick or having serious flu complications, those who are likely to come in contact with 2009 H1N1, and those who could infect young infants who cannot be vaccinated themselves.

This includes:

- Pregnant women,
- People who live with or provide care for children younger than 6 months of age,
- Health care and emergency medical service personnel, z
- People 6 months to 24 years of age, and
- People 25 to 64 years of age who are at higher risk for 2009 H1N1 flu complications because of an underlying health condition or compromised immune systems.

Everyday actions can help prevent the spread of germs that cause respiratory illnesses like influenza.

- 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.
- Try to avoid close contact with sick people.
- Stay home if you are sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Be prepared in case you get sick and need to stay home for several days; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues, facemasks and other related items might be useful and help avoid the need to make trips out in public while you are sick and contagious.

If You Get Sick

What should I do if I get sick?

If you become ill with influenza-like symptoms this flu season you should stay home and avoid contact with other people except to seek medical care. Most people have been able to recover at home from 2009 H1N1 without needing medical care and the same is true of seasonal flu.

However, some people are at high risk of serious flu-related complications. They are:

- Children younger than 5, but especially children younger than 2 years old
- People 65 and older
- Pregnant women
- People who have:
 - Cancer
 - Blood disorders (including sickle cell disease)
 - Chronic lung disease [including asthma or chronic obstructive pulmonary disease (COPD)]
 - Diabetes
 - Heart disease
 - Kidney disorders
 - Liver disorders
 - Neurological disorders (including nervous system, brain or spinal cord)
 - Neuromuscular disorders (including muscular dystrophy and multiple sclerosis)
 - Weakened immune systems (including people with AIDS)

If you (or your child) are in one of the groups above and develop flu-like symptoms, consult a health care provider to get advice about seeking medical care. Also, it's possible for otherwise healthy people to develop severe illness so any one concerned about their illness should consult their doctor. There are "emergency warning signs" that should signal anyone to seek medical care urgently.

Are there medicines to treat infection with this new virus?

Yes. There are prescription drugs called "antivirals" that can treat influenza illness, including 2009 H1N1. These drugs can make illness milder and may also prevent serious complications. The priority use for influenza antiviral drugs this flu season is to treat people who are severely ill (hospitalized) and sick people who are at increased risk of serious influenza-related complications. CDC recommends the use of the antiviral drugs oseltamivir or zanamivir this season.

How long should I stay home if I'm sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings. If you must leave the house (for example to see your doctor), wear a facemask, if you have one and it is tolerable, or cover coughs and sneezes with a tissue and wash your hands often to keep from spreading flu to others.

More information visit www.cdc.gov/h1n1flu or www.flu.gov or call 800-CDC-INFO

BASIC CLASSES:

Please check the website training page for the updated CERT Calendar:
<http://www.nassaucountyny.gov/agencies/OEM/CC/CERT/training.html>

PLEASE CHECK THE WEBSITE CALENDAR IF YOU ARE AN INSTRUCTOR! We have updated the 2009 calendar and need you to volunteer for your segment!

Help out or just attend at CERT Basic Class and renew your interest as well!

If you can assist our program- even if you haven't done anything like this before, come on out and help us make the program the best in the country! Helping is fun and exciting! AND you even get to practice what you learned in training!

South Farmingdale Basic Class
September 2009 Class Schedule and Location
[Updated 10/14/2009](#)

Class Times	Doors open at 6:30pm, class starts promptly at 7:00pm and ends at 10:00pm
Class Location	819 south main St, South Farmingdale, NY, 11735 cross Crestwood blvd.
Refreshments	Water will be supplied for classes 1 through 8.
Course Listing	Course Incident Commander (IC) Kathy Cowden Classes are run using ICS and an IC needs to attend every class. You may have a Deputy who can split the classes with you. The IC is responsible for directing the class and for ALL ASPECTS OF COURSE administrative paperwork and equipment. The IC must get each class attendance to OEM (in person or via email) within two days of each class. This position can be shared by two members.

Class Details **WEDNESDAYS**

Class 1	September 2	What is CERT?, Intro to ICS and CERT Organization,
Class 2	September 9	Disaster Medical Operations I
Class 3	September 16	Light Search and Rescue
Class 4	September 23	Disaster Psychology and Terrorism
Class 5	September 30	Fire Suppression and Part I Table Top Exercise
Class 6	October 7	Sheltering Operations Part II Table top Exercise
Class 7	October 14	Disaster Medical Operations II
Class 8	October 21	Radio Operations, Community Outreach and Graduation

Class 8, 10/21/2009: Outreach and Education, Radio Operation, Graduation, and Meet the TULs.

Bob B Graduation

Debbie B Outreach and Education

Rob Yenis Volunteer Instructor Radio

Local Area TULs, DTULs and Other VIP's

C W Post Basic Class

October 2009 Class Schedule and Location

Updated 10/14/2009

Class Times	Doors open at 6:30pm, class starts promptly at 7:00pm and ends at 10:00pm
Class Location	C.W. Post Campus- Long Island University 720 Northern Blvd. Brookville, New York 11548
Refreshments	Water will be supplied for classes 1 through 8.
Course Listing	Course Incident Commander (IC) _____ (need Deputy for class 5) Classes are run using ICS and an IC needs to attend every class. You may have a Deputy who can split the classes with you. The IC is responsible for directing the class and for ALL ASPECTS OF COURSE administrative paperwork and equipment. The IC must get each class attendance to OEM (in person or via email) within two days of each class. This position can be shared by two members.

Class Details **MONDAYS**

Class 1	October 26	What is CERT?, Intro to ICS and CERT Organization,
Class 2	November 2	Disaster Medical Operations I
Class 3	November 9	Light Search and Rescue
Class 4	November 16	Disaster Psychology and Terrorism
Class 5	November 23	Fire Suppression and Part I Table Top Exercise
Class 6	November 30	Sheltering Operations Part II Table top Exercise
Class 7	December 7	Disaster Medical Operations II
Class 8	December 14	Radio Operations, Community Outreach and Graduation

Class 1, 10/26/2009: What is CERT? Intro to ICS and CERT Organization,

Bob B What Is CERT

Debbie B Organization

Class 2, 11/2/2009: Medical I

2 VEEB instructors will teach this class

Volunteers will assist with practical

Debbie Donovan Volunteer Instructor Assistant

Class 3, 11/9/2009: Light Search and Rescue

2 VEEB instructors will teach this class

Volunteers will assist with practical

Debbie Donovan Volunteer Assistant

Class 4, 11/16/2009: Terrorism and Disaster Psychology

Volunteers will teach this class

Rich Egan Volunteer Instructor – Terrorism

Mike Arcari Volunteer Instructor – Disaster Psychology and Disabled Persons

Class 5, 11/23/2009: Fire Suppression and Part I Table Top Exercise

2 VEEB instructors will teach the firefighting part of this class and

Volunteers will conduct table top and send one team out at a time for fire suppression as directed by VEEB

_____ Volunteer Instructor Table Top

_____ Volunteer Instructor Assistant Table Top

Class 6, 11/30/2009: Shelter Introduction and Part II Table Top Exercise

Volunteers will teach this class

Tom Vaughn Volunteer Instructor- Sheltering and Organization

_____ Volunteer Instructor Assistant

Class 7, 12/7/2009: Disaster Medical Operations II

2 VEEB instructors will teach this class

Volunteers will assist with hands on exercise

_____ Volunteer Instructor Assistant

Class 8, 12/14/2009: Outreach and Education, Radio Operation, Graduation, and Meet the TULs.

Bob B Graduation

Debbie B Outreach and Education

Volunteer Instructor Radio
Local Area TULs, DTULs and Other VIP's