



# CERT



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**CERT IS  
WHAT  
YOU  
MAKE IT**



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

## *CERT Monthly Newsletter*

**SEPTEMBER 2020**

Dear Members,

We hope each of you, your families and loved ones are all healthy and safe.

Our thoughts and prayers are with everyone, especially first responders, doctors, nurses, those in the medical field, and everyone working behind the scenes to keep us safe and healthy during this pandemic, wild fires and the recent weather events.

National Preparedness Month (NPM) is recognized each September to promote family and community disaster planning now and throughout the year. As our nation continues to respond to COVID-19, there is no better time to be involved this September. The 2020 NPM theme is "Disasters Don't Wait. Make Your Plan today"

This year September 11, marks the 19 anniversary of that day that changed our lives and attacked our freedom. For many of us our lives have gone back to what is somewhat normal, however for some it was like yesterday. Many are still suffering, both physically and physiologically from the events of that day. On Friday, September 11 let each of us take time out from our busy schedules to reflect and remember all our loved ones, family and friends who were lost that day and those that are still feeling the effects.

Recent events during the past few months have been challenging to all of us. We are adjusting to new ways of doing things in our daily lives. The CERT leadership is continually evaluating and working to keep the CERT program strong and vibrant. At a recent CERT Officers meeting it was discussed and decided to merge the four divisions into two, an East and West. We are still working on the logistics and finalizing the details. When plans are completed we will communicate the details with everyone. We are planning to have an All-County meeting early October and during that meeting will discuss and review the change.

Our door is always open, just need to maintain social distancing, please contact Bob, Rick, Paul or your Division Leaders if you have any concerns, questions. We are here for all of you.

*Stay Safe and Stay Healthy*

*Bob, Rick & Paul*



## Disasters Don't Wait. Make Your Plan Today



FEMA



National Preparedness Month 2020

**Week 1: Sept 1-5**  
Make A Plan

**Week 2: Sept 6-12**  
Build A Kit

**Week 3: Sept 13-19**  
Prepare for Disasters

**Week 4: Sept 20-26**  
Teach Youth About Preparedness

# Weekly Themes

**Week 1 September 1-5:** [Make A Plan](#): Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure to update your plan based on the Centers for Disease Control recommendations due to the coronavirus.

**Week 2 September 6-12:** [Build A Kit](#): Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the Centers for Disease Control.

**Week 3 September 13-19:** [Prepare for Disasters](#): Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act fast if you receive a local warning or alert.

**Week 4 September 20-26:** [Teach Youth About Preparedness](#): Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.

# Make A Plan

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which [types of disasters](#) could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

Step 1: Put a plan together by discussing the questions below with your family, friends or household to start your emergency plan.

- How will I receive [emergency alerts and warnings](#)?
- What is my [shelter](#) plan?
- What is my [evacuation](#) route?
- What is my [family/household communication plan](#)?
- Do I need to update my [emergency preparedness kit](#)?
- Check with the [Centers for Disease Control \(CDC\)](#) and update my emergency plans due to Coronavirus.
- Get cloth face coverings (for everyone over 2 years old), disinfectants, and check my sheltering plan.

Step 2: Consider specific needs in your household.

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets or specific needs like operating medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children

Step 3: Fill out a Family Emergency Plan

Download and fill out a family emergency plan or use it as a guide to create your own.

- [Emergency Plan for Parents](#) (PDF)

Step 4: Practice your plan with your family/household

# Build A Kit

After an emergency, you may need to survive on your own for several days. Being prepared means having your own [food](#), [water](#) and other [supplies](#) to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find and any one of them could save your life. Headed to the store? [Download a printable version](#) to take with you. Once you take a look at the basic items consider what [unique needs](#) your family might have, such as supplies for [pets](#) or [seniors](#).

## Basic Disaster Supplies Kit

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- [Water](#) (one gallon per person per day for at least three days, for drinking and sanitation)
- [Food](#) (at least a three-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to [shelter in place](#))
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)

Wrench or pliers (to [turn off utilities](#))

- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery

# Additional Emergency Supplies

Since Spring of 2020, the CDC has recommended people include additional items in their kits to help prevent the spread of coronavirus or other viruses and the flu.

Consider adding the following items to your emergency supply kit based on your individual needs:

- Cloth face coverings (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children



# Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.

# Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

- **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- **Car:** In case you are stranded, keep a kit of emergency supplies in your car.



# Disasters and Emergencies

[Hurricanes](#) are dangerous and can cause major damage because of storm surge, wind damage, and flooding. They can happen along any U.S. coast or in any territory in the Atlantic or Pacific oceans. Storm surge is historically the leading cause of hurricane-related deaths in the United States. Eastern Pacific hurricane season is from May 15 to November 30 and Atlantic hurricane season is from June 1 to November 30.

Prepare a disaster supply kit and emergency plan. Remove damaged tree branches and secure loose gutters. Have alternative charging methods for devices that require power. Learn more about hurricanes

Know what disasters and hazards could affect your area, how to get [emergency alerts](#), and where you would go if you and your family need to evacuate. Make sure your family has a plan and practices it often.



# Welcome to Ready Kids!

Disasters happen everywhere, and every member of the family can prepare. Preparedness for the future starts today.

Whether you're a kid or teen yourself, a parent or loved one, or work with youth, Ready Kids has tools and information to help before, during and after disasters.



## Kids

Play games, learn about disasters, and get tips to prepare before a disaster strikes.

**Explore**



## Teens

Be a leader in your family and community's preparedness.

**Explore**



## Families

Get the whole family involved and include children in your family's preparedness.

**Explore**

## CDC common sense voter recommendations

### Mail-in voting is safer than in person voting.

#### Practice healthy behaviors to protect yourself and slow the spread of COVID-19

- Wash your hands before entering and after leaving the polling location.
- While in the polling location, use alcohol-based hand sanitizer containing at least 60% alcohol frequently, especially after touching surfaces frequently touched by multiple people, such as door handles or voting machines.
- Cover coughs and sneezes with a tissue or the inside of your elbow. Throw used tissues in lined trash cans. Wash your hands or use an alcohol-based hand sanitizer containing at least 60% alcohol.
- Wear a mask. Children under 2 and anyone who has trouble breathing, is incapacitated or otherwise unable to remove the mask without assistance should not wear a mask.
- Maintain at least 6 feet (about 2 arms' length) of distance from others. It is important to continue social distancing even when you and others are wearing masks.
- **Consider voting alternatives available in your jurisdiction that minimize contact.** Voting alternatives that limit the number of people you come in contact with or the amount of time you are in contact with others can help reduce the spread of COVID-19. Check your election office for more information on voting alternatives available in your jurisdiction.
- **Do not disinfect or wipe down the voting equipment yourself.** Electronic voting equipment can be damaged by cleaners and disinfectants. If you use hand sanitizer before touching the voting equipment, ensure your hands are completely dry to avoid damaging the equipment. Wash your hands or use alcohol-based hand sanitizer **after** using the voting equipment.
- **Avoid crowds**
- Use early voting, if available in your jurisdiction.
- Vote at off-peak times, such as mid-morning.
- If driving to the polls and your schedule allows, monitor the voter line from your car and join it when it's shorter.
- **Be prepared**
- Check your voting location and requirements in advance because they may have changed due to COVID-19.
- Verify your voter registration information is correct in advance of reporting to the polling location.
- Contact your local or state election office for additional information for voters with disabilities.
- Make sure you have all necessary documents to avoid delays at the polling location.
- If possible, complete any registration forms prior to arriving at the polling location.
- Where possible, review or complete a sample ballot at home to speed the process of casting your ballot at the polling location.
- Bring your own black ink pen.
- Bring a stylus or similar object for use with touchscreen voting machines. Check with poll workers before using.

# September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Division 1 Meeting (ZOOM)	3	4	5
6		8	9	10		12
13	14	15	16	17		19
20	21	22	23	24	25	26
27		29	30			



# October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	