



CERT



NASSAU COUNTY



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AUGUST 2021

CERT Monthly Newsletter

**CERT IS
WHAT
YOU
MAKE IT**



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

Dear Members,

Our thoughts and prayers go out to all the victims, whose lives have been devastated by recent weather events and wildland fires. Also to the first responders, military and volunteers who have been actively assisting in operations.

The COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness. Guidance's and recommendations are continually be updated as more infectious variants like Delta continue to spread. We will continue to do what we can and follow the recommended guidelines.

The Division 1 meeting is scheduled for Wednesday, September 1 , at this time we are planning to hold the meeting in person at the OEM Lecture Hall.

Also, we are in the beginning stages of planning our next CERT Basic Class. No dates have been finalized yet, however we are planning the first class in September. Also we are investigating the various locations for the class. If anyone has a suggestion for a location, please let us know. If you know anyone who may be interested, please refer them to us via oemcert@nassaucountyny.gov.

Enjoy the rest of your summer, and we look forward to seeing you all in the Fall!

Stay Safe and Stay Healthy

Bob, Rick & Paul



Interim Public Health Recommendations for Fully Vaccinated

Updates as of July 27, 2021

- Updated information for fully vaccinated people given new evidence on the B.1.617.2 (Delta) variant currently circulating in the United States.
- Added a recommendation for fully vaccinated people to wear a mask in public indoor settings in areas of substantial or high transmission.
- Added information that fully vaccinated people might choose to wear a mask regardless of the level of transmission, particularly if they are immunocompromised or at increased risk for severe disease from COVID-19, or if they have someone in their household who is immunocompromised, at increased risk of severe disease or not fully vaccinated.
- Added a recommendation for fully vaccinated people who have a known exposure to someone with suspected or confirmed COVID-19 to be tested 3-5 days after exposure, and to wear a mask in public indoor settings for 14 days or until they receive a negative test result.
- CDC recommends universal indoor masking for all teachers, staff, students, and visitors to schools, regardless of vaccination status

Key Points

The following recommendations apply to non-healthcare settings.

Fully vaccinated people can:

- Participate in many of the activities that they did before the pandemic; for some of these activities, they may choose to wear a mask.
- Resume domestic travel and refrain from testing before or after travel and from self-quarantine after travel
- Refrain from testing before leaving the United States for international travel (unless required by the destination) and refrain from self-quarantine after arriving back in the United States
- Refrain from testing following a known exposure, if asymptomatic, with some exceptions for specific settings
- Refrain from quarantine following a known exposure if asymptomatic
- Refrain from routine screening testing if feasible

Infections happen in only a small proportion of people who are fully vaccinated, even with the Delta variant. However, preliminary evidence suggests that fully vaccinated people who do become infected with the Delta variant can spread the virus to others. To reduce their risk of becoming infected with the Delta variant and potentially spreading it to others: CDC recommends that fully vaccinated people:

- Wear a mask in public indoor settings if they are in an area of substantial or high transmission, Fully vaccinated people might choose to mask regardless of the level of transmission, particularly **if they or someone in their household is immunocompromised or at increased risk for severe disease**, or if someone in their household is unvaccinated. People who are at increased risk for severe disease include older adults and those who have certain medical conditions, such as diabetes, overweight or obesity, and heart conditions.



LAURA CURRAN
 NASSAU COUNTY EXECUTIVE

PATRICK J. RYDER
 COMMISSIONER



BE AWARE OF POTENTIAL COVID-19 EMAIL & PHONE SCAMS

Nassau County Executive Laura Curran and Police Commissioner Patrick J. Ryder are urging residents to be vigilant when receiving telephone solicitations or emails from persons which could be scams or rumors regarding COVID-19. County officials have been alerted that residents have received phone calls from scammers pretending to be with the Nassau County Department of Health. The callers asked for personal information including social security numbers. Residents should be advised that the Department of Health will never ask for this type of information. Please be wary when receiving phone calls, texts or any other type of solicitations.

County officials strongly encourage residents to follow the tips outlined below to help protect themselves from falling victim to scams:

- Hang up on robocalls. Don't press any numbers. Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-at-home schemes. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls, instead.
- Ignore online offers for vaccinations and home test kits. There currently are no vaccines, pills, potions, lotions, lozenges or other prescription or over-the-counter products available to treat or cure Coronavirus disease 2019 (COVID-19) — online or in stores. At this time, there also are no FDA-authorized home test kits for the Coronavirus. Visit the FDA website to learn more.
- Fact-check information. Scammers, and sometimes well-meaning people, share information that hasn't been verified. Before you pass on any messages, contact trusted sources. Visit <https://www.usa.gov/coronavirus> for links to federal, state and local government agencies.
- Know who you're buying from. Online sellers may claim to have in-demand products, like cleaning, household, and health and medical supplies when, in fact, they don't.
- Don't respond to texts and emails about checks from the government. The details are still being worked out. Anyone who tells you they can get you the money now is a scammer.
- Don't click on links from sources you don't know. They could download viruses onto your computer or device.
- Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying they have information about the virus. For the most up-to-date information about the Coronavirus, visit the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).
- Do your homework when it comes to donations, whether through charities or crowdfunding sites. Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don't do it.

This information is being provided to residents to make them aware of ongoing scams. If you believe you may have been a victim of any of these scams, PLEASE CALL 911 IMMEDIATELY.

PUBLIC INFORMATION OFFICE • NASSAU COUNTY POLICE DEPARTMENT
 1490 Franklin Ave., Mineola • 516-573-7138



Children and Youth Preparedness Social Media Toolkit

Include children in preparedness conversations.



Learn the building blocks of preparedness – Be Informed, Make a Plan, Build a Kit and Get Involved.

Know the emergency plan for your child's school and child care facility.





Practice evacuation plans and other emergency procedures with children on a regular basis.

Learn different ways to help children cope during and after an emergency.



Make sure children have emergency contacts memorized or written down in a secure place.



Teach kids when and how to call important phone numbers like 911.



Head Up, Phone Down When Headed Back to School

Summertime offers a reprieve from school-year activities, but once fall rolls around again life becomes much more hectic. Parents and kids have a lot of new distractions to deal with: carpools, early schedules, after-school activities, bus traffic and more.

As your children march out the door on that first day of school - and every day - there is really only one priority: Making sure they get home safe.

Teens at Greater Risk

Back in 1995, children ages 5 to 9 were more at risk than any other age group under 19 for being struck by a vehicle while walking. Today, there has been a noticeable demographic shift. It is now much more likely a teenager will be hit by a car than his younger counterpart.



Cell Phones: A Deadly Distraction

The National Safety Council is focused on efforts to eliminate distracted walking - specifically walking while using a mobile device. Kids often don't recognize the dangers of distracted walking, as this eye-opening video by Safe Kids Worldwide indicates.

Before your children head out, remind them of these year-round safety tips:

- Never walk while texting or talking on the phone
- If texting, move out of the way of others and stop on the sidewalk
- Never cross the street while using an electronic device
- Do not walk with headphones in your ears
- Be aware of your surroundings
- Always walk on the sidewalk if one is available; if you must walk on the street, face oncoming traffic
- Look left, right, then left again before crossing the street
- Cross only at crosswalks

Kids Aren't the Only Ones Distracted

Drivers have a lot to pay attention to in school zones, too, and there is never an occasion that justifies using a phone while driving. One call or text can change everything.

A study conducted by the Centers for Disease Control and prevention reveals that the most common form of travel to school for students age 5 to 14 is the family car. That translates into a lot of cars in school zones at the same time. Eliminating all distractions is key to keeping children safe. Learn more about motorist safety around schools.

Pedestrian Safety Is a Shared Responsibility

When driving, help keep pedestrians of all ages safe:

- Obey all traffic laws, especially posted speed limits in school zones
- Watch for pedestrians at all times and be extra cautious when backing up
 - Yield to pedestrians in crosswalks, making eye contact to indicate that you see them
 - Never pass vehicles stopped at crosswalks
 - Stay alert - avoid distracted driving
 - Do not drive under the influence of alcohol and/or drugs



Safety Checklist

Back to School

Transportation Safety

Whether children walk, ride their bicycle or take the bus to school, it is extremely important that they take proper safety precautions. Here are some tips to make sure your child safely travels to school:

Walking to school

- ✓ **Review your family's walking safety rules and practice walking to school with your child**
 - Walk on the sidewalk, if one is available; when on a street with no sidewalk, walk facing the traffic
 - Before you cross the street, stop and look left, right and left again to see if cars are coming
 - Make eye contact with drivers before crossing and always cross streets at crosswalks or intersections
 - Stay alert and avoid distracted walking

Riding a bicycle to school

- ✓ **Teach your child the rules of the road and practice riding the bike route to school with your child**
 - Ride on the right side of the road, with traffic, and in single file
 - Come to a complete stop before crossing the street; walk bikes across the street
 - Stay alert and avoid distracted riding
 - Make sure your child always wears a properly fitted helmet and bright clothing

Riding the bus to school

- ✓ **Teach your children school bus safety rules and practice with them**
 - Go to the bus stop with your child to teach them the proper way to get on and off the bus
 - Teach your children to stand six feet (or 3 giant steps) away from the curb
 - If your child must cross the street in front of the bus, teach him or her to walk on the side of the road until they are 10 feet ahead of the bus; your child and the bus driver should always be able to see each other

Driving your child to school

- ✓ **Stay alert and avoid distracted driving**
 - Obey school zone speed limits and follow your school's drop-off procedure
 - Make eye contact with children who are crossing the street

School Safety

Many school-related injuries are completely preventable. Follow these steps to ensure your child's safety at school:

Preventing backpack-related injuries

- ✓ **Choose a backpack for your child carefully; it should have ergonomically designed features to enhance safety and comfort**
 - Ask your child to use both straps when wearing their backpack to evenly distribute the weight on their shoulders
 - Don't overstuff a backpack; it should weigh no more than 5 to 10 percent of your child's body weight
 - Rolling backpacks should be used cautiously since they can create a trip hazard in crowded school hallways

Preventing playground-related injuries

- ✓ **To reduce strangulation hazards on playgrounds, have your child leave necklaces and jackets with drawstrings at home**



Eliminating Preventable Deaths®

Backpack Safety: It's Time to Lighten the Load

When you move your child's backpack after he or she drops it at the door, does it feel like it contains 40 pounds of rocks? Maybe you've noticed your child struggling to put it on, bending forward while carrying it, or complaining of tingling or numbness.

If you've been concerned about the effects that extra weight might have on your child's still-growing body, your instincts are correct. Backpacks that are too heavy can cause a lot of problems for kids, like back, neck and shoulder pain, as well as poor posture.

While it's common these days to see children carrying as much as a quarter of their body weight, the American Chiropractic Association (ACA) recommends a backpack weigh no more than 5% to 10% of a child's weight.

The problem has grabbed the attention of lawmakers in some states, who have pushed for legislation requiring school districts to lighten the load. While we wait for solutions like digital textbooks to become widespread, there are things you can do to help prevent injury.

Start With an Ergonomic Backpack

When selecting a backpack, look for:

- An appropriate size: A backpack should not be wider than your child's torso or hang more than 4 inches below the waist
- Padded, adjustable shoulder straps to help distribute the weight on your child's back without digging into their shoulders
- Padded back to protect against contents inside the backpack poking into your child's back
- Waist and chest straps to help distribute the weight of the backpack more evenly across your child's back
- Multiple compartments to help position the weight more effectively
- Compression straps to stabilize the contents
- Reflective material to allow your child to be seen when walking to and from school

Use the Backpack Correctly

Check the fit of the backpack:

- Make sure your child uses both straps when carrying the backpack; using one strap shifts the weight to one side and causes muscle pain and posture problems
- Make certain the shoulder straps are tightened so the backpack is fitted to your child's back; a dangling backpack can cause spinal misalignment and pain
- Encourage your child to use the chest, waist and compression straps, and to adjust them to the load

Pack Smartly

A roomy backpack may seem like a good idea, but the more space there is to fill, the more likely your child will fill it. Help your child determine what is absolutely necessary to carry. If it's not essential, have them leave it at home, in their locker or in the classroom.

Teach your child to load the backpack with the heaviest items first closest to the bottom and the center of the back of the backpack and to make use of the multiple compartments to distribute the load.

What about Backpacks on Wheels?

According to the ACA, rolling backpacks should be used "cautiously and on a limited basis by only those students who are not physically able to carry a backpack." The reason? They clutter school corridors, replacing a potential back injury hazard with a tripping hazard.

So, pick up that backpack from time to time, and let your children know you've got their back.



Radio Amateur Civil Emergency Services

(RACES)

RACES / CERT Comms Group SITREP

August 2021



RACES is now holding meetings on the first Thursday of the month. The next meeting is Thursday, August 5.

All the meetings for the foreseeable future will be vital meetings via Zoom.

Anyone wishing to attend can Join from any computer, tablet, or smartphone by entering:

<https://zoom.us/j/95928146234> in your browser.

Or, for audio only, you may dial by phone: 646-876-9923 and enter Meeting ID: 959 2814 6234 #

Any questions you can contact us at nassaucountyny.races@gmail.com

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	 POLICE-COMMUNITY PARTNERSHIPS	4	5 RACES Meeting 7:30pm	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	31				

Important CERT Dates

RACES Meeting

August 5
Time: 7:30 pm
TBD

September 2021

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

Important CERT Dates

Division 1 Meeting

September 1
Time: 7:30 pm

RACES Meeting

September 2
Time: 7:30 pm
TBD





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