

Laura Curran
County Executive

*CERT All-Member
Monthly Newsletter*

MARCH, 2018

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**CERT IS
WHAT
YOU
MAKE IT**



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

Nassau County CERT Newsletter

Dear Members

Our thoughts and prayers go out to all the victims and their families whose lives have been devastated by the tragic event in Florida and the flooding that is occurring throughout the country. Also to the first responders, military and volunteers who have been involved with these events, we thank you for your service.

As we all think and hope that Winter is behind us and Spring is around the corner, we must not forget that March and even into April can bring us some heavy rains, flooding and freezing temperatures. We are reminded of this as we prepare this weekend for a nor'easter that will bring a combination of strong winds, coastal flooding, heavy rain and heavy snow to the area. The lows will slowly depart late Friday night and Saturday, allowing for the precipitation to end and winds to gradually diminish over the weekend.

Stay Safe and be Prepared.

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 has begun on February 28th.

We continue to work on training and are finalizing the details for classes that will include "Stop the Bleed", CPR/AED/First Aid, Sheltering, Pet Sheltering and fire extinguisher training at the Nassau County FSA.

If you have any type of training you'd like to suggest, that reinforces our mission as CERT's, please contact us.

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

Best Regards,

Bob, Danielle & Paul

We have begun our first CERT Basic class for 2018.

Currently there are 35 members participating in the class.

All members are Welcome to attend any of the classes for a refresher on the various topics.

Day / Date	Topic
Wednesday - February 28, 2018	Introduction / What is CERT
Wednesday - March 7, 2018	Fire Safety / Portable Radio Fundamentals
Wednesday - March 14, 2018	Disaster Medical Operations
Wednesday - March 21, 2018	Light Search & Rescue Operations
Wednesday - March 28, 2018	Sheltering Operations
Wednesday - April 4, 2018	Emergency Operations Center / Warehouse
Wednesday - April 11, 2018	Disaster Psychology / Terrorism / Graduation





FLOOD SAFETY TIPS

Floods can occur anywhere, with floodwaters rising gradually or flash floods striking suddenly. Flash floods are the number one weather-related killer in the United States — most flood fatalities happen because people try to drive through deadly waters rather than avoid them. Water's powerful force can easily overtake vehicles caught in a flood. Follow these tips to stay safe in your car during a flood.

How to Drive in a Flood

PAY ATTENTION TO BARRICADES.

Don't ignore them by driving past them.

DO NOT DRIVE THROUGH STANDING WATER ON ROADS OR IN PARKING LOTS.

The average automobile can be swept off the road in 12 inches of moving water, and roads covered by water are prone to collapse. Attempting to drive through water also may stall your engine, with the potential to cause irreparable damage if you try to restart the engine. If you come upon a flooded street, take an alternate route.

TAKE EXTRA PRECAUTIONS IF YOU'RE FORCED TO DRIVE THROUGH WATER.

If no alternate route exists and you have no other reasonable alternative but to drive through standing water.

- ◆ Do your best to estimate the depth of the water (if other cars are driving through, take note of how deep the water is).
- ◆ Drive slowly and steadily through the water.
- ◆ Avoid driving in water that downed electrical or power lines have fallen in — electric current passes through water easily.
- ◆ Watch for items traveling downstream — they can trap or crush you if you're in their path.
- ◆ If you have driven through water up to the wheel rims or higher, test your brakes on a clear patch of road at low speed. If they are wet and not stopping the vehicle as they should, dry them by pressing gently on the brake pedal with your left foot while maintaining speed with your right foot.
- ◆ Stay off the telephone unless you must report severe injuries.
- ◆ If your vehicle stalls in the deep water, you may need to restart the engine to make it to safety. Keep in mind that restarting may cause irreparable damage to the engine.
- ◆ If you can't restart your vehicle and you become trapped in rising water, immediately abandon it for higher ground. Try to open the door or roll down the window to get out of the vehicle. If you are unable to get out safely, call 911 or get the attention of a passerby or someone standing on higher ground so that they may call for help.

HOW TO PREPARE FOR AND RESPOND DURING AND AFTER AN ACTIVE SHOOTER INCIDENT

Recent national tragedies remind us that the risk is real: an active shooter incident can happen in any place at any time. The best ways to make sure you and your loved ones stay safe are to prepare ahead of time and be ready. Taking a few steps now and mentally rehearsing what to do can help you react quickly when every second counts.



TAKE AN ACTIVE ROLE IN YOUR OWN SAFETY

NOW PREPARE

- Sign up for active shooter training
- If you see something suspicious, say something
- Know community response plans
- Identify the exits and good places to hide
- Learn and practice first aid skills and use of tourniquets

DURING SURVIVE

- Run
- Hide
- Fight



You may need to use more than one option.

AFTER BE SAFE

- Help law enforcement
- Seek out medical help
- Help others survive
- Seek help to cope with psychological trauma



NOW PREPARE

- Sign up for active shooter training.
- If you see suspicious activity, let an authority know right away.
- Many places like houses of worship, workplaces, and schools have plans in place to help you respond safely. Ask about these plans and get familiar with them. If you participate in an active shooter drill, talk to your family about what you learn and how to apply it to other locations.
- When you visit a building like a shopping mall or health care facility, take time to identify two nearby exits. Get in the habit of doing this.
- Map out places to hide. Solid doors with locks, rooms without windows, and heavy furniture like large filing cabinets and desks make good hiding places.
- Sign up for first aid and tourniquet training.



DURING SURVIVE

- **RUN.** Getting away from the shooter or shooters is the top priority. Leave your things behind and run away. If safe to do so, warn others nearby. Call 911 when you are safe. Describe each shooter, their locations, and weapons.
- **HIDE.** If you can't get away safely, find a place to hide. Get out of the shooter's view and stay very quiet. Silence your electronic devices and make sure they won't vibrate. Lock and block doors, close blinds, and turn off the lights. Don't hide in groups—spread out along walls or hide separately to make it more difficult for the shooter. Try to communicate with police silently—like through text messages or by putting a sign in an exterior window. Stay in place until law enforcement gives you the all clear.
- **FIGHT.** Your last resort when you are in immediate danger is to defend yourself. Commit to your actions and act aggressively to stop the shooter. Ambushing the shooter together with makeshift weapons such as chairs, fire extinguishers, scissors, and books can distract and disarm the shooter.



AFTER BE SAFE

- Keep hands visible and empty.
- Know that law enforcement's first task is to end the incident, and they may have to pass injured along the way.
- Follow law enforcement instructions and evacuate in the direction they come from.
- Consider seeking professional help for you and your family to cope with the long-term effects of the trauma.

HELPING THE WOUNDED

Take care of yourself first, and then you may be able to help the wounded before first responders arrive:

- If the injured are in immediate danger, help get them to safety.
- While you wait for first responders to arrive, provide first aid—apply direct pressure to wounds and use tourniquets if you have been trained to do so. Turn wounded people onto their sides if they are unconscious and keep them warm.

Additional Resources

VIDEO

Run. Hide. Fight. Surviving an Active Shooter Event
www.youtube.com/watch?v=5VcSwejU2D0

ONLINE COURSE

Active Shooter: What You Can Do <https://training.fema.gov/is/courseoverview.aspx?code=IS-907>

GUIDE FOR HOUSES OF WORSHIP

www.dhs.gov/sites/default/files/publications/Developing_EOPs_for_Houses_of_Worship_FINAL.PDF

GUIDE FOR K-12 SCHOOLS

www.fema.gov/media-library-data/20130726-1922-25045-3850/rem_s_k_12_guide.pdf

WEBSITES

www.dhs.gov/active-shooter-preparedness

www.fbi.gov/about/partnerships/office-of-partner-engagement/active-shooter-incidents

www.fema.gov/faith-resources

www.redcross.org/ux/take-a-class

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 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

CAP (Civil Air Patrol) Presentation at February 2018 RACES Meeting

Since 2014 I have had the pleasure & honor of serving as the Nassau County ARES Liaison officer between Nassau County ARES and the local Civil Air Patrol at the American Cancer Society walk at Jones Beach.

Prior to 2014 this event was- strictly a CAP event having the responsibility for many aspects of the security and communications aspects for the event.

In 2014 Nassau County ARES was asked to be part of the event for communications between all parties involved in the running of this event and to add another level of Situational Awareness for the event.

Dave AK1NS ARES DEC for Nassau County ARES asked me to be the Liaison Officer for this event starting in 2014. I have fulfilled that roll since, working closely with Major Wayne Smith WB2ONZ. During the past four years we have developed a personal & professional relationship with the idea we can do a better job in serving our counties and country during trying times if we train together, pool our resources and know each other's capabilities and limitations.

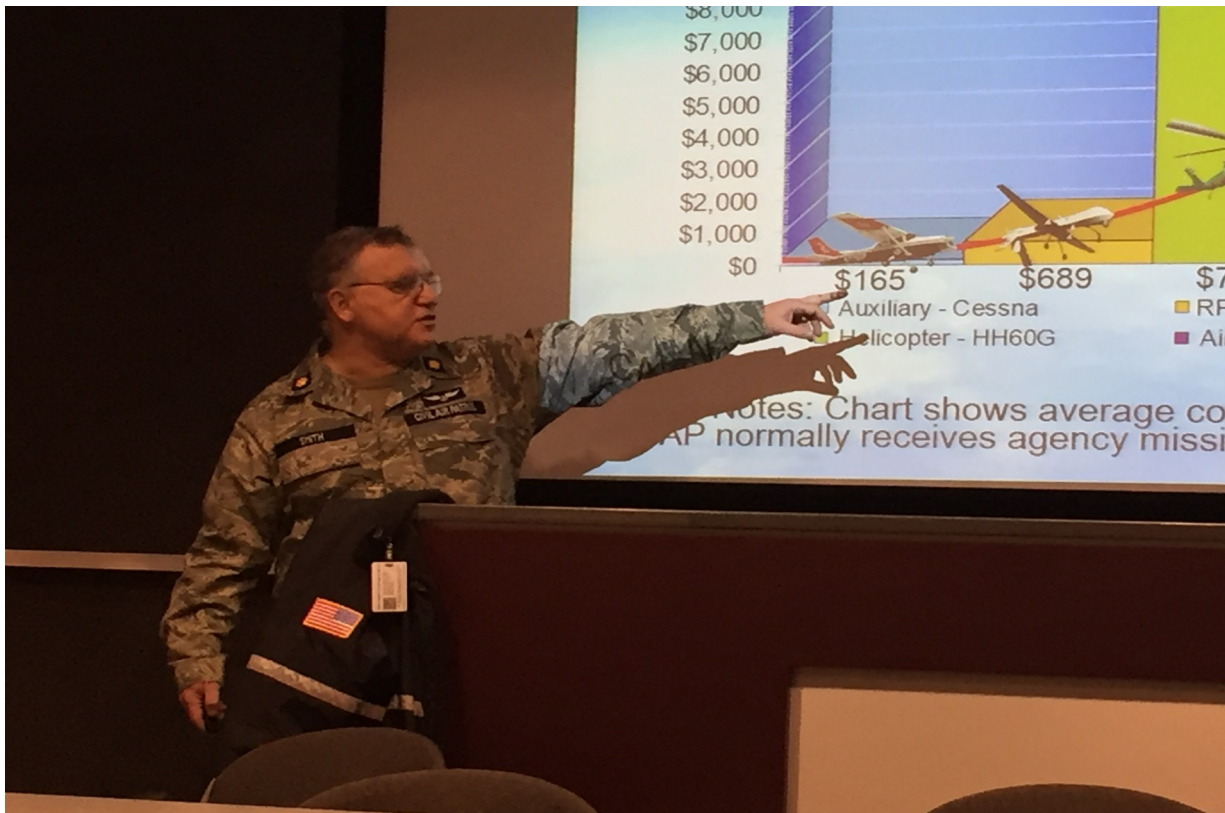
We have exchanged many idea's how we can better serve in a event or situation. The first step was to educate RACES, ARES & CERT comm.'s member's in the roll of CAP on Long Island and across the country with the missions they are tasked with. Also the procedures and protocols CAP follows. This was accomplished at the February RACES / CERT Comm.'s Meeting held 2/26/2018 with an in-depth presentation by Major Wayne Smith! The next step is to reverse this process and educate CAP member's on CERT & all the aspects of Amateur radio as well as FRS, GMRS and 800 operations we use in our comm.'s plans. We hope to do a presentation ASAP at one of there meetings.

What is our ultimate goal? To maximize our resources, know our strengths and weaknesses as well as our capabilities, by preparing and training together to achieve these goals. To be able to request and rely on a partnerships of sister organizations we have trained with and have confidence in our ability to work together to achieve our common goal!

I would once more like to thank Major Wayne Smith for his presentation at out meeting.

Bob Long KC2PSN

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

March 2018 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	CERT Basic Class # 2 Division 1 Meeting	8	9	10
Time to Spring Ahead! 	12	13	14 CERT Basic Class # 3	15 Officers Meeting 7pm	16	
18	19 RACES Meeting 7:30 p.m.		21 CERT Basic Class # 4	22	23	24
	26	27	28 CERT Basic Class # 5	29		

Important CERT Dates

Division 1 Meeting

March 7th
Nassau County OEM Lecture Hall
Time: 7:30 pm

Officers Meeting

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

RACES Meeting

March 19th
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)

April 2018 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Happy Easter!	2	3	4 CERT Basic Class # 6	5	6	7
 Orthodox Easter	9	10	11 CERT Basic Class # 7 Graduation	12	13	14
15	16 RACES Meeting 7:30 p.m.	17 Division 2 Meeting	18	19 Officers Meeting 7pm	20	21
 2018 Earth Day Celebration A day to show the Earth we care...	23	24	25	26	 Plant a tree for "National Arbor Day"	28
29	30					

Important CERT Dates

Division 2 Meeting
 Island Park Public Library
 7pm

Officers Meeting
 April 19th
 Nassau County OEM Lecture Hall
 Time: 7 pm

RACES Meeting
 April 16th
 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**

April 4 (at OEM), April 11 (Graduation)



Nassau County CERT Coordinator

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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