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**CERT IS  
WHAT  
YOU  
MAKE IT**



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

*CERT Monthly Newsletter*

**JUNE, 2018**

### **Nassau County CERT Newsletter**

Dear Members,

NOAA has issued its Atlantic hurricane season outlook with forecasters predicting a near or above-normal 2018 Atlantic hurricane season. NOAA's forecasters predict a 70 percent likelihood of 10 to 16 named storms of which 5 to 9 could become hurricanes (winds of 74+ mph), including 1 to 4 major hurricanes (category 3, 4, or 5; winds of 111+ mph).

"Preparing ahead of a disaster is the responsibility of all levels of government, the private sector and the public," said acting FEMA Deputy Administrator Daniel Kaniewski. "It only takes one storm to devastate a community so now is the time to prepare. Do you have adequate insurance, including flood insurance?"

As usual, it has been a busy few months. Thank you to all the members who participated in the Long Island Marathon and the Jones Beach Airshow.

In addition to these activations the All-County meeting was held at which time certificates of appreciation were giving to members for there dedication, commitment and service. Also a presentation was done by the LIRR Safety Division. Some recent trainings on CPR and Stop the Bleed were given and next weekend June 9<sup>th</sup> is the American Red Cross Regional Full-Scale exercise in Farmingdale that many of you have already registered for.

Please note that two of our Divisions are having meetings in June and one in July. It is important that we get together at these meetings to receive extra training and to discuss matters related to the program.

Please make every effort to attend yours.

Best Regards,

*Bob L. Paul*

# CERT All-County May 2018 Recognition Night



**CERT All-County  
May 2018  
Recognition Night**



The Officers and Members of CERT present Jim Kane and Craig Craft, receiving for Craig was his brother Scott, with a Certificate of Appreciation for their leadership, guidance and support in the CERT Program. They have always had the CERT Team's best interest in mind. Giving us the Extinguisher training at the Fire Academy, CPR/AED/First Aid classes, teaching in the CERT Basic class, EOC Operations training, Bomb recognition class, Active shooter class and many more.

We Thank them for their Guidance and Leadership to the CERT Team and to the residents of Nassau County.



**Presentation on Railroad Safety  
By the LIRR Safety Division**



# Stop the Bleed training





# Radio Amateur Civil Emergency Services (RACES)

This Year, Field Day will take place on June 23-24<sup>th</sup>. ARRL Field Day is the single most popular on-the-air event held annually in the US and Canada. On the fourth weekend of June of each year, more than 35,000 radio amateurs gather with their clubs, groups or simply with friends to operate from remote locations. Field Day is a picnic, a camp out, practice for emergencies, an informal contest and, most of all, FUN! It is a time where many aspects of Amateur Radio come together to highlight our many roles. While some will treat it as a contest, other groups use the opportunity to practice their emergency response capabilities. It is an excellent opportunity to demonstrate Amateur Radio to the organizations that Amateur Radio might serve in an emergency. If you are interested you can visit a site near you (link below) and see what it is all about.

<http://www.arrl.org/field-day-locator>



## 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



# Radio Amateur Civil Emergency Services (RACES)

## LI Marathon 2018



# Safety Day Stop & Shop Seaford





June is Men's Health Month

# Did you know?

ON AVERAGE  
**men live**  
about  
**5 years less**  
than women



**1 in 2**  
**men**  
will develop  
**cancer**

MEN HAVE A  
**higher death rate**  
for most leading causes of death  
*including cancer, heart disease, diabetes, and suicide*

APPROXIMATELY  
**30,000**  
**men**  
IN THE U.S.  
die each year  
from  
**prostate**  
**cancer**

Men make  
**1/2** as many  
physician visits for  
**prevention**  
as women

Men are more likely to be **uninsured** than women

For 2018, Wear Blue Day is Friday, June 15. Friday of Men's Health Week has been officially named **Wear BLUE Day**. Wear BLUE Day is celebrated to raise awareness for the health and wellbeing of boys and men.

- Men die at higher rates from 9 of the top 10 causes of death.
- Men make up over 92% of workplace deaths.
- Men live 5 years less than women.
- 1 in 6 men will get prostate cancer in their lifetime.

# Wear BLUE

for your father, husband, son, coworker...



Men are likely to get the batteries in their smoke detectors checked every 6 months and bring their cars to get a tune up after 15,000 miles before thinking of themselves. The Men's Health Network has provided a useful health checklist for regular checkups and screenings.

## MEN'S HEALTH CHECKLIST

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
<b>PHYSICAL EXAM:</b> Review overall health status, perform a thorough physical exam and discuss health related topics.	Every 3 years Every 2 years Every year	✓	✓	✓
<b>BLOOD PRESSURE:</b> High blood pressure (Hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
<b>TB SKIN TEST:</b> Should be done on occasion of exposure or suggestive symptoms at direction of healthcare provider. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
<b>BLOOD TESTS &amp; URINALYSIS:</b> Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓	✓	✓
<b>EKG:</b> Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	Age 30	✓	✓
<b>TETANUS BOOSTER:</b> Prevents lockjaw.	Every 10 years	✓	✓	✓
<b>RECTAL EXAM:</b> Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.	Every year	✓	✓	✓
<b>PSA BLOOD TEST:</b> Prostate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your healthcare provider.	Every year		*	✓

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
<b>HEMOCCULT:</b> Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every year		✓	✓
<b>COLORECTAL HEALTH:</b> A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 years			✓
<b>CHEST X-RAY:</b> Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		✓	✓
<b>SELF-EXAMS: Testicle:</b> To find lumps in their earliest stages. <b>Skin:</b> To look for signs of changing moles, freckles, or early skin cancer. <b>Oral:</b> To look for signs of cancerous lesions in the mouth. <b>Breast:</b> To find abnormal lumps in their earliest stages.	Monthly by self	✓	✓	✓
<b>BONE HEALTH:</b> Bone mineral density test. Testing is best done under the supervision of your healthcare provider	Discuss with a physician			Age 60
<b>TESTOSTERONE SCREENING:</b> Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician		✓	✓
<b>SEXUALLY TRANSMITTED DISEASES (STDs):</b> Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, gonorrhea, herpes and other STDs.	Under physician supervision	✓	Discuss	

\*African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.

June is a special time to celebrate America's great outdoors. This June, celebrate the natural wonder and outdoor spirit of America by getting outside during Great Outdoors Month. Once you Escape the Indoors, you'll never want to go back.

When preparing to go outdoors, keep in mind sun safety. Here are a few tips provided by the Centers of Disease Control and Prevention:

**PROTECT ALL THE SKIN YOU'RE IN**

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

**Use a Layered Approach for Sun Protection.**

- Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.
- Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.
- Wear a hat, sunglasses, and protective clothing to shield skin.
- Seek shade, especially during midday hours.

CDC77180

**PROTECT ALL THE SKIN YOU'RE IN**

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

**Skin cancer** is the most common cancer in the United States, **but most skin cancers can be prevented!**

**Every year—**

- ▶ Nearly **5 million** people are treated for skin cancer at a cost of more than **\$8 billion**.
- ▶ There are about **76,000** new cases of and **9,000** deaths from melanoma, the deadliest form of skin cancer.

CDC77180

**Being outdoors will bring most people in contact with variety of critters. Ticks are one type that people should be aware of when playing and exploring outdoors.**

## **Ticks & Lyme Disease –A Prevention Guide**

**What Is Lyme Disease?** Lyme disease is a bacterial infection caused by the bite of an infected deer tick. Untreated, the disease can cause a number of health problems. Patients treated with antibiotics in the early stage of the infection usually recover rapidly and completely.



**Where Is Lyme Disease Found?** In the United States, infected ticks can be found in the Northeast, including New York State; in the upper Midwest; and along the Northwest coast.

**What Are the Symptoms of Lyme Disease?** The early symptoms of Lyme disease may be mild and easily missed. If you find a tick attached to your skin, remove the tick with tweezers (see tick removal instructions on page 6), and watch for the symptoms of Lyme disease.

Ticks will attach themselves anywhere including the thighs, groin, trunk, armpits and behind the ears. If you are infected, the rash may be found in one of these areas. Around the time the rash appears, other symptoms, such as joint pain, chills, fever and fatigue can occur, but they may seem too mild to require medical attention. As Lyme disease progresses, severe fatigue, a stiff neck, tingling or numbness in the arms and legs, or facial paralysis can occur.

The most severe symptoms of Lyme disease may not appear until weeks, months or years after the tick bite. These can include severe headaches, painful arthritis, swelling of the joints, and heart and central nervous system problems.

In 60-80% of cases the first symptom is a rash, known as erythema migrans, that:

- ◆ Occurs at or near the site of the tick bite.
- ◆ Is a "bull's-eye" circular patch or solid red patch that grows larger.
- ◆ Appears between three days and one month after the tick bite.
- ◆ Has a diameter of two to six inches.
- ◆ Lasts for about three to five weeks.
- ◆ May or may not be warm to the touch.
- ◆ Is usually not painful or itchy.
- ◆ Sometimes leads to multiple rashes.

### **How Can I Protect Against Ticks and Prevent Lyme Disease?**

- Wear light-colored clothing with a tight weave to spot ticks easily.
- Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pant legs into socks or boots and shirt into pants.
- Check clothes and any exposed skin frequently for ticks while outdoors.
- Consider using insect repellent.
- Stay on cleared, well-traveled trails. Walk in the center of trails. Avoid dense woods and bushy areas.
- Avoid sitting directly on the ground or on stone walls.
- Keep long hair tied back, especially when gardening.
- Bathe or shower as soon as possible after going indoors to wash off and more easily find ticks that may be on you.
- Do a final, full-body tick check at the end of the day (also check children and pets), and remove ticks promptly

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>

**Freeport Recreational Center**

**130 E Merrick Rd**

**Freeport, NY 11520**

**Thursday, June 7, 7pm – 9pm**

**Long Beach Public Library, 111 W Park**

**Ave, Long Beach, NY 11561, 2nd Floor Auditorium**

**Tuesday, June 12, 07:00 PM**

**Williston Park Village Office**

**494 Willis Ave**

**Williston Park, NY 11596**

**Monday, August 6, 2018 07:00 PM**

# June 2018 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Division 4 Meeting 7pm	6 Division 1 Meeting 7pm	7	8	9 American Red Cross Reginal Exercise
10	11	12	13	14 JUNE FLAG DAY	15	16
HAPPY FATHER'S DAY	18 RACES Meeting 7:30 p.m.	19	20	21 Officers Meeting 7pm	22	23
24	25	26	27	28	29	30

## Important CERT Dates

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**Division 4 Meeting**

June 5th  
 Williston Park Village Hall  
 Time: 7pm

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**Division 1 Meeting**

June 6th  
 Nassau County OEM Lecture Hall  
 Time: 7 pm

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**RACES Meeting**

June 18th  
 Nassau County OEM Lecture Hall  
 Time: 7:30 pm

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**Officers Meeting**

June 21st  
 Nassau County OEM Lecture Hall

# July 2018 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3		5	6	7
8	9	10	11	12	13	14
15	16 RACES Meeting 7:30 p.m.	17 Division 2 Meeting 7pm	18	19 Officers Meeting 7pm	20	21
22	23	24	25	26	27	28
29	30	31				

## Important CERT Dates

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**RACES Meeting**

July 16th  
 Nassau County OEM Lecture Hall  
 Time: 7:30 pm

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**Division 2 Meeting**

July 17th  
 Island Park Public Library  
 Time: 7 pm

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**Officers Meeting**

July 19th  
 Nassau County OEM Lecture Hall  
 Time: 7 pm





## Nassau County CERT Coordinator

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## CERT Deputy Director

**Paul Shapiro**

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### CERT Section Chiefs

<b>Paul Shapiro</b>	<b>Jeffrey Sliva</b>	<b>David Sobolow</b>
Logistics	Operations	Admin/Finance

#### Division 1

Division Supervisor

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#### Division 3

Division Supervisor

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#### Division 4

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#### Division 5 - Campus CERT

Division Supervisor

**Stephanie Gobbo**

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### **CERT BASIC CLASS**

### **NO CLASSES SCHEDULED**

**PLEASE HELP US RECRUIT NEW MEMBERS!!**

**[OEMCERT@NASSAUCOUNTYNY.GOV](mailto:OEMCERT@NASSAUCOUNTYNY.GOV)**

*(Current CERT Members may attend any class as a refresher)*