



# CERT



NASSAU COUNTY



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**CERT IS  
WHAT  
YOU  
MAKE IT**



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

## *CERT Monthly Newsletter*

**FEBRUARY 2020**

Dear Members,

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 will begin on Wednesday, February 27th. As current members, you are the best ambassadors the program has. While there is very strong interest in the class, we continue to recruit additional students. If you know anyone who may be interested, please refer them to us via [oemcert@nassaucountyny.gov](mailto:oemcert@nassaucountyny.gov).

“Stop the Bleed” training will be Saturday, March 7. Class starts at 9am in the OEM Lecture Hall, Bethpage. Space is limited, if you interested and plan to attend, please e-mail [OEMCERT@nassaucountyny.gov](mailto:OEMCERT@nassaucountyny.gov) to reserve your place.

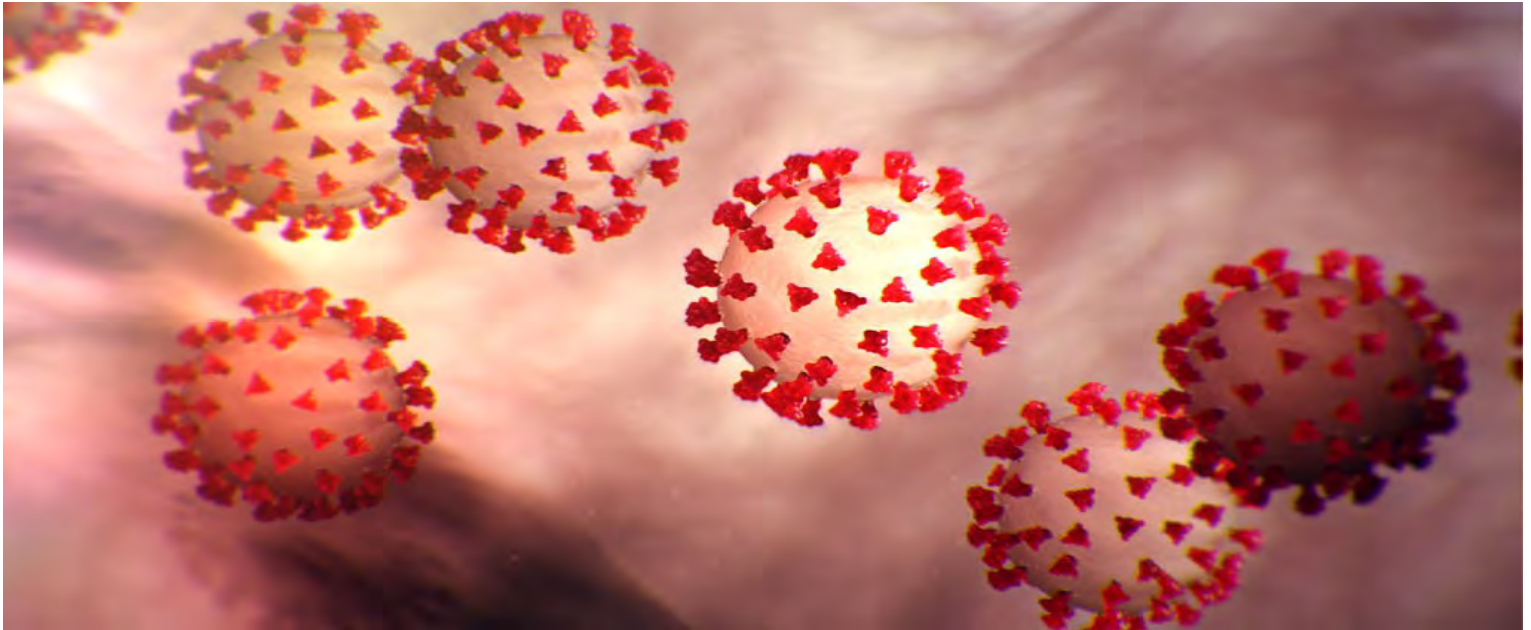
As we enter 2020, we look forward to continuing to grow and improve the CERT program. The CERT Leadership with the division leaders are planning for training, drills and events for the upcoming year. Do you have a skill set that would be of interest? If you do, please contact your division leader.

We would like to welcome Rick DeLucia to the CERT family. Rick has been with OEM and now will be assisting with the CERT program.

Our door is always open please contact Bob, Paul or your Division Leaders if you have any concerns, questions. We are here for all of you.

*Bob, Rick & Paul*

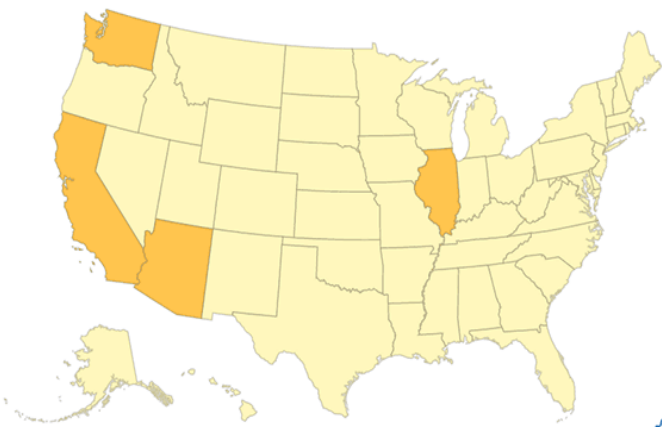
# 2019 Novel Coronavirus (2019-nCoV)



## Situation Summary

The Centers for Disease Control and Prevention (CDC) is closely monitoring an outbreak of respiratory illness caused by a novel (new) coronavirus first identified in Wuhan, Hubei Province, China. Chinese authorities identified the new coronavirus, which has resulted in more than a thousand confirmed cases in China, including cases outside Wuhan City. Additional cases have been identified in a growing number of other [international locations](#), including [the United States](#)

### 2019-nCoV in the U.S.



### Patients Under Investigation (PUI) in the United States\*†

As of 1/31/2020

Positive	6
Negative	114
Pending <sup>§</sup>	121
Total	241

# About 2019 Novel Coronavirus (2019-nCoV)

**There is an ongoing investigation to determine more about this outbreak. This is a rapidly evolving situation and information will be updated as it becomes available. There is much more to learn about the transmissibility, severity, and other features associated with 2019-nCoV and investigations are ongoing. The latest situation summary updates are available on CDC's web page [2019 Novel Coronavirus, Wuhan, China](#).**

2019 Novel Coronavirus (2019-nCoV) is a virus (more specifically, a [coronavirus](#)) identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China. Early on, many of the patients in the outbreak in Wuhan, China reportedly had some link to a large seafood and animal market, suggesting animal-to-person spread. However, a growing number of patients reportedly have not had exposure to animal markets, indicating person-to-person spread is occurring. At this time, it's unclear how easily or sustainably this virus is spreading between people.

## Transmission—How 2019-nCoV Spreads

Coronaviruses are a large family of viruses that are common in many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with [MERS](#) and [SARS](#).

When person-to-person spread has occurred with MERS and SARS, it is thought to have happened mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread. Spread of SARS and MERS between people has generally occurred between close contacts.

It's important to note that how easily a virus spreads person-to-person can vary. Some viruses are highly contagious (like measles), while other viruses are less so. It's important to know this in order to better understand the risk associated with this virus. While CDC considers this is a very serious public health threat, based on current information, the immediate health risk from 2019-nCoV to the general American public is considered low at this time.

## Symptoms

For confirmed 2019-nCoV infections, reported illnesses have ranged from people being mildly sick to people being severely ill and dying. Symptoms can include:

- Fever
- Cough
- Shortness of breath

CDC believes at this time that symptoms of 2019-nCoV may appear in as few as 2 days or as long as 14 after exposure. This is based on what has been seen previously as the incubation period of [MERS](#) viruses.



# Novel Coronavirus Outbreak (2019-nCoV)

## Symptoms\* of Novel Coronavirus

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

\* Symptoms may appear 2-14 days after exposure. If you have been in China within the past 2 weeks and develop symptoms, call your doctor.



CS 314705-B

[www.cdc.gov/nCoV](http://www.cdc.gov/nCoV)

## Prevention & Treatment

There is currently no vaccine to prevent 2019-nCoV infection. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

These are everyday habits that can help prevent the spread of several viruses.

## Treatment

There is no specific antiviral treatment recommended for 2019-nCoV infection. People infected with 2019-nCoV should receive supportive care to help relieve symptoms. For severe cases, treatment should include care to support vital organ functions.

People who think they may have been exposed to 2019-nCoV should contact your healthcare provider immediately

# What to do if you are sick with 2019 Novel Coronavirus (2019-nCoV)



If you are sick with 2019-nCoV follow the steps below to help prevent 2019-nCoV from spreading to people in your home and community.

## Stay home except to get medical care

You should not leave your home, except to get medical care. Do not go to work, school, or public areas, and do not use public transportation or taxis.

## Separate yourself from other people in your home

As much as possible, you should stay in a different room from other people in your home. Also, you should use a separate bathroom, if available.

## Call ahead before visiting your doctor

Before your medical appointment, call the healthcare provider and tell them that you have, or are being evaluated for, 2019-nCoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected.

## Wear a facemask

You should wear a facemask when you are in the same room with other people and when you visit a healthcare provider. If you cannot wear a facemask, the people who live with you should wear one while they are in the same room with you.

## Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds.

## Wash your hands

Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Avoid sharing household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water.

## Monitor your symptoms

Get medical care quickly if your illness is getting worse (for example if you are having trouble breathing). Call the healthcare provider ahead of time and tell them that you have, or are being evaluated for, 2019-nCoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected.

[www.cdc.gov/nCoV](http://www.cdc.gov/nCoV)





**We have a class beginning on Wednesday February 26, 2020 at:  
Office of Emergency Management  
510 Grumman Road West  
Bethpage, Ny 11714**

**CERT Basic Class -Winter 2020**

Day / Date	Topic	Class	Location
Wednesday, February 26, 2020	Introduction / What is CERT	1	OEM Lecture Hall
Tuesday, March 3, 2020	Fire Safety / Portable Radio Fundamentals	2	OEM Lecture Hall
Wednesday, March 11, 2020	Disaster Medical Operations	3	OEM Lecture Hall
Wednesday, March 18, 2020	Light Search & Rescue Operations	4	OEM Lecture Hall
Wednesday, March 25, 2020	Sheltering Operations	5	OEM Lecture Hall
Wednesday, April 1, 2020	Emergency Operations Center / Warehouse	6	OEM Lecture Hall
Wednesday, April 15, 2020	Disaster Psychology / Terrorism / Graduation	7	OEM Lecture Hall



*February is*

**American** *heart* **Month**







# **STOP**

## **THE BLEED**<sup>SM</sup>

# **SAVE A LIFE**

### **MAKE A DIFFERENCE. GET TRAINED.**

Stop the Bleed is a national awareness campaign and call-to-action. Stop the Bleed is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

## **Become Empowered**

No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, therefore it is important to quickly stop the blood loss. Those nearest to someone with life threatening injuries are best positioned to provide first care.

Tragedy can strike at any time. Anyone can learn how to control bleeding in an emergency.

If you would like to take a course to prepare yourself to assist injured people following a traumatic event and receive a free kit with tourniquet and combat gauze .

**Class: Saturday, March 7, 9:00-11:00AM at:**

**Office of Emergency Management**

**510 Grumman Road West**

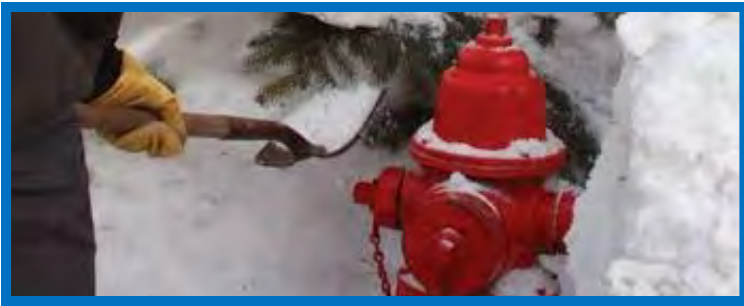
**Bethpage, Ny 11714**

**If you are interested and plan to attend please e-mail [OEMCERT@nassaucountyny.gov](mailto:OEMCERT@nassaucountyny.gov)**

# ADOPT a HYDRANT



**As Winter is upon us the Fire Departments of Nassau County would like to ask residents to assist them by keeping fire hydrants always clear of snow and debris. It takes valuable time when seconds count during an emergency. Think of the delay when fire fighters need to try and locate a hydrant buried in snow, then must clear the snow around it. Also assist neighbors who may be unable to clear hydrants outside of their home or simply clearing hydrant that you see is covered.**



*“Imagine how hard and how long it would take you to shovel the fire hydrant clear of snow,” . “It’s no different for the firefighters – it takes several minutes when seconds count. Or they cannot locate the fire hydrant even though we have a pretty good idea where (they’re) located. We may be digging just two to three feet from where the hydrant really is, not good for our firefighters or you.”*







# Radio Amateur Civil Emergency Services (RACES)







# Radio Amateur Civil Emergency Services (RACES)



## RACES / CERT Comms Group

On January 4th RACES members attended Ham Radio University (HRU). Over 300 amateur radio operators and individuals interested in joining the hobby attended. The Nassau RACES informational table was in the exhibit area along with Amateur Radio clubs from the New York area. This year our table included a new display tri-fold and a 26" monitor for our PowerPoint presentation. This helped bring an increased interest in our organization. At times, each of us were engaged in conversations with multiple individuals asking about our organization and how they could join RACES. All in all this year's HRU was a very successful event.

On January 13th our monthly meeting was held at Nassau County OEM. After the business portion of the meeting we turned our attention to our monthly training portion. This month we held a review of our tabling event at HRU and how to speak about RACES at public forums. First we explained how our RACES display was arranged using both CERT and RACES information. During the second part of our training we went over the materials and handouts used at these types of events. It is extremely important that all the membership present a unified message and how best to respond to questions. Please keep in mind our trainings are open to all, so keep an eye out for a skill set you may need a refresher on or something new to add to your tool box. Next month we will be reviewing the newly updated RACES Operational Plan.

Our next meeting will be held on Monday February 24, 2020 in the Lecture Hall. We hope to see you then!

73

*Bob Long*

**Bob Long KC2PSN, WQME569**

Nassau County RACES / CERT Chief Radio Officer



# RACES 2019 Trainings



Meeting Date	Training Topic	Individual Responsible	
January 13, 2020	HRU recap, set up / Speaking about RACES in pub		
February 24, 2020	Review RACES Operational Plan		
March 16, 2020	Emergency Action Plan training / Situation Awareness		
April 20, 2020	L. I. Marathon Planning Meeting / How to Interact with Event Official / Law Enforcement		
May 18, 2020	Skywarn - Exercise		
June 15, 2020	Tools for deployment		
July 20, 2020	Procedures and Protocols - Fundamentals of Deployment		
August 17, 2020	Suicide Awareness		
September 21, 2020	What's in your Jump Kit? (Show & Tell / Members bring in Jump Kits)		
October 19, 2020	Leadership training		
November 16, 2020	Table Top Exercise		
December 14, 2020	Year End Review		

<b>Other Training Topics</b>	<p><i>Physiological First Aid</i></p> <p><i>Safe Talk</i></p> <p><i>Team building / Leadership (2)</i></p> <p><i>Table Top</i></p> <p><i>Training on any new equipment we may get</i></p> <p><i>CERT Refresher (broken down to elements, or two months)</i></p> <p><i>Guest Speakers?</i></p> <p><i>Other Ideas</i></p>
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# HELP SAVE THE LIFE OF A LOVED ONE!

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>

## Description:

Overdose prevention workshop with Naloxone/Narcan training. Learn to recognize an overdose and reverse it to save a life.  
And then, find out what to do next - treatment and recovery options.

Hewlett Fire Department  
25 Franklin Avenue  
Hewlett, NY 11557  
Tuesday, February 25, 2020 06:30 PM


Locust Valley Library  
170 Buckram Road  
Locust Valley, NY 11560  
Thursday, March 19, 2020 07:00 PM

Seaford High School  
1575 Seamans Neck Road  
Seaford, NY 11783  
Wednesday, April 22, 2020 06:30 PM

South Floral Park Village Hall  
383 Roquette Avenue  
South Floral Park, NY 11001  
Thursday, June 11, 2020 07:00 PM



# February 2020 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
	3	4	5	6	7	8
9	10	11	12 <b>Lincoln's</b> Birthday (OEM Office Closed)	13		15
16	17 <b>Presidents' Day</b> (OEM Office Closed)	18	19	20 Officers Meeting 7:30 pm	21	22 <b>Washington's</b> Birthday
23	24 RACES Meeting 7:30 pm	25	26 CERT Basic Class #1	27	28	29

## Important CERT Dates

### Officers Meeting

February 20th  
Nassau County OEM Lecture Hall  
Time: 7:30 pm  
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### RACES Meeting

February 24  
Nassau County OEM Lecture Hall  
Time: 7:30 pm  
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## CERT Basic Class



Office of Emergency Management

510 Grumman Road West  
Bethpage, NY 11714

Class dates:

Wednesday, February 26  
Tuesday, March 3; Wednesday, March 11;  
Wednesday, March 18; Wednesday, March 25  
Wednesday, April 1; Tuesday, April 7 (Graduation)

# March 2020 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 CERT Basic Class #2	4	5	6	7 Stop The Bleed Training 9am
 8	9	10	11 CERT Basic Class #3	12	13	14
15	16 RACES Meeting 7:30 pm	 17	18 CERT Basic Class #4	19 Officers Meeting 7:30 pm	20	21
22	23	24	25 CERT Basic Class #5	26	27	28
29	30	31				

## Important CERT Dates

### Stop the Bleed—Training

March 7th  
Nassau County OEM Lecture Hall  
Time: 9:00am

### RACES Meeting

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

### Officers Meeting

March 19th  
Nassau County OEM Lecture Hall  
Time: 7:30 pm

## CERT Basic Class

Office of Emergency Management

510 Grumman Road West  
Bethpage, NY 11714

Class dates:

Wednesday, February 26  
Tuesday, March 3; Wednesday, March 11;  
Wednesday, March 18; Wednesday, March 25  
Wednesday, April 1; Tuesday, April 7 (Graduation)



## **Nassau County CERT Coordinator**

**Bob Chiz & Rick Delucia**

[oemcert@nassaucountyny.gov](mailto:oemcert@nassaucountyny.gov)

## **CERT Deputy Director**

**Paul Shapiro**

[pshapiro@nassaucountyny.gov](mailto:pshapiro@nassaucountyny.gov)

### **CERT Section Chiefs**

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

#### **Division 1**

Division Supervisor

**Bill Pavone**

[nassaucertdiv1@yahoo.com](mailto:nassaucertdiv1@yahoo.com)

#### **Division 3**

Division Supervisor

**Alex Gallego**

[nassaucertdiv3@outlook.com](mailto:nassaucertdiv3@outlook.com)

#### **Division 2**

Division Supervisor

**Judy Ryan**

[nassaucertinfo@gmail.com](mailto:nassaucertinfo@gmail.com)

#### **Division 4**

Division Supervisor

#### **Division 5 - Campus CERT**

Division Supervisor

**Stephanie Gobbo**

[Stephanie.Gobbo@liu.edu](mailto:Stephanie.Gobbo@liu.edu)

### ***CERT Basic Class***

Office of Emergency Management

510 Grumman Road West  
Bethpage, NY 11714

Class dates:

Wednesday, February 26

Tuesday, March 3; Wednesday, March 11; Wednesday, March 18; Wednesday, March 25  
Wednesday, April 1; Wednesday, April 15 (Graduation)

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

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

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