



# CERT



## NASSAU COUNTY



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**CERT IS  
WHAT  
YOU  
MAKE IT**



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

## **CERT Monthly Newsletter**

**MARCH 2020**

Dear Members,

It is with great sadness we lost Lee Noisette who passed away on Monday, February 3. Lee was a dedicated Division 2 CERT Member for many years. Lee loved CERT so much, his daughter, Alexandra, followed in his footsteps and also became a CERT member. He always was so eager and willing to help others, it was his calling in life, to serve and protect. Lee also worked with At-Risk Youth as a Teacher and served many years as a Freeport Police Officer. Please keep his family in your prayers during this difficult time.

There is great concern with regards to the coronavirus. While there is an abundant of information available, much of the information is speculation, unfounded and not factual. The Centers for Disease Control and Prevention (CDC) is closely monitoring the outbreak of respiratory illness caused by a novel (new) coronavirus. The CDC is the best resource for accurate and up-to-date information. This newsletter and the February newsletter contains information with regards to the coronavirus.

On Wednesday March 4th CERT division 1 will be having their quarterly meeting starting at 7:30 pm at the OEM Lecture Hall @ 510 Grumman Rd West. A guest speaker from Nassau County SPCA K9 unit will be doing a presentation. All members are welcome to attend.

We still have a few openings for Stop the Bleed training on Saturday, March 7. Class starts at 9am in the OEM Lecture Hall, Bethpage. If you interested and plan to attend, please e-mail [OEMCERT@nassaucountyny.gov](mailto:OEMCERT@nassaucountyny.gov) to reserve your place.

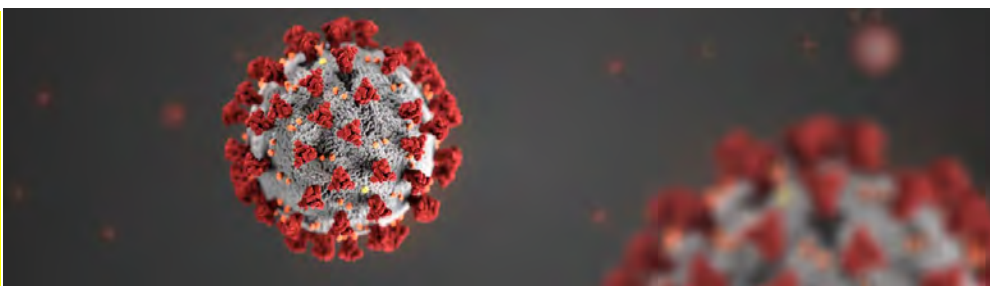
In the upcoming months we will have some great opportunities to volunteer at the Long Island Marathon on Sunday, May 3 and the Bethpage Credit Union Airshow at Jones Beach Saturday, May 23 and Sunday May 24. We are in the final planning stages for these events and details will be released shortly. Also, we will be conducting out-reach at various events.

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

*Bob, Rick & Paul*

# Coronavirus Disease 2019 (COVID-19) Situation Summary

This is an emerging, rapidly evolving situation and CDC will provide updated information as it becomes available, in addition to updated guidance.



## Share Facts, Not Fear

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT  
1

### **DISEASES CAN MAKE ANYONE SICK REGARDLESS OF THEIR RACE OR ETHNICITY.**

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT  
2

### **THE RISK OF GETTING COVID-19 IN THE U.S. IS CURRENTLY LOW.**

Some people who have traveled to places where many people have gotten sick with COVID-19 may be monitored by health officials to protect their health and the health of other people in the community.

FACT  
3

### **SOMEONE WHO HAS COMPLETED QUARANTINE OR HAS BEEN RELEASED FROM ISOLATION DOES NOT POSE A RISK OF INFECTION TO OTHER PEOPLE.**

For up-to-date information, visit CDC's coronavirus disease [situation summary page](#).

FACT  
4

### **YOU CAN HELP STOP COVID-19 BY KNOWING THE SIGNS AND SYMPTOMS:**

- Fever
  - Cough
  - Shortness of breath
- Seek medical advice if you have traveled to China in the past 14 days and feel sick. Call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel and your symptoms.

FACT  
5

### **HERE ARE SIMPLE THINGS YOU CAN DO TO HELP KEEP YOURSELF AND OTHERS HEALTHY.**

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash



**If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.**

## Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

## Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

## Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

## Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

## Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

## Avoid sharing personal household items

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

## Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

## Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.







**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
Tuesday, April 14, 2020	Disaster Psychology / Terrorism / Graduation	7	OEM Lecture Hall





# **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)**



# Radio Amateur Civil Emergency Services (RACES)



RACES / CERT Comms Group

On February 24th 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 reviewed the latest revisions and additions to the RACES Operational Plan with the membership. Every year this plan is reviewed and revised to keep up with current federal, state and local procedures. In December of 2019 sections of the plan were revised and an appendix was added. At the request of the Commissioner additional changes were incorporated in January and it was approved and signed by the Commissioner in February. 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 conduct a training using our Emergency Action Plan and Situation Awareness.

Our next meeting will be held on Monday March 16, 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.

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

Glen Head Community Center  
200 Glen Head Road  
Glen Head, NY 11545  
Monday, April 20, 2020 07:00 PM

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



Shelter Rock Public Library - **Refresher Class**  
165 Searingtown Road South  
Albertson, NY 11507  
Thursday, May 28, 2020 07:00 PM

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

Albertson Fire Department  
100 I.U. Willets Road  
Albertson, NY 11507  
Monday, June 15, 2020 07:00 PM



# 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 14  
(Graduation)

# April 2020 - Upcoming Events

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

## Important CERT Dates

### Officers Meeting

April 16th  
Nassau County OEM Lecture Hall  
Time: 7:30 pm  
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### RACES Meeting

April 20th  
Nassau County OEM Lecture Hall  
Time: 7:30 pm

## CERT Basic Class

Office of Emergency Management

510 Grumman Road West  
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Class dates:

Wednesday, February 26  
Tuesday, March 3; Wednesday, March 11;  
Wednesday, March 18; Wednesday, March 25  
Wednesday, April 1; Tuesday, April 15  
(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; Tuesday, April 14(Graduation)

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

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

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