



# CERT



## NASSAU COUNTY



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**CERT IS  
WHAT  
YOU  
MAKE IT**



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

## *CERT Monthly Newsletter*

**MAY 2020**

Dear Members,

We hope each of you, your families and loved ones are all healthy and safe.

Our thoughts and prayers are with everyone, especially first responders, doctors, nurses, those in the medical field, and everyone working behind the scenes to keep us safe and healthy. Also all those affected by this pandemic crisis.

There is still a great concern with regards to the coronavirus. There is an abundant of information available with much of the information on social media, news and other means. However there is still much unknown, speculation, unfounded and not factual. Do your part to the stop the spread of rumors by doing three easy things:

1. Find trusted sources of information.
2. Share information from trusted sources.
3. Discourage others from sharing information from unverified sources.

To find trusted sources, look for information from official public health and safety authorities. You can find many official sources at [coronavirus.gov](https://www.coronavirus.gov). Check your state and local government or emergency management websites and social media accounts for trusted information specific to your area.

We would like to Thank all those CERT members for taking time out of their busy schedules to assist the COVID-19 EOC activation.

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

*Stay Safe, Stay Healthy and Stay Home*

*Bob, Rick & Paul*

# Running Essential Errands

As communities across the United States take steps to slow the spread of COVID-19 by limiting close contact, people are facing new challenges and questions about how to meet basic household needs, such as buying groceries and medicine, and completing banking activities. The following information provides advice about how to meet these household needs in a safe and health manner.

## Shopping for food and other household essentials

Stay home if sick.

- Avoid shopping if you are sick or have symptoms of COVID-19, which include a fever, cough, or shortness of breath.

Order online or use curbside pickup.

- Order food and other items online for home delivery or curbside pickup (if possible).
- Only visit the grocery store, or other stores selling household essentials, in person when you absolutely need to. This will limit your potential exposure to others and the virus that causes COVID-19.

Protect yourself while shopping.

- Stay at least six feet away from others while shopping and in lines.
- Cover your mouth and nose with a cloth face covering when you have to go out in public.
- When you do have to visit in person, go during hours when fewer people will be there (for example, early morning or late night).
- If you are at higher risk for severe illness, find out if the store has special hours for people at higher risk. If they do, try to shop during those hours. People at higher risk for severe illness include adults 65 or older and people of any age who have serious underlying medical conditions.
- Disinfect the shopping cart, use disinfecting wipes if available.
- Do not touch your eyes, nose, or mouth.
- If possible, use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer



Use hand sanitizer when you leave the store. Wash your hands when you get home.

- After leaving the store, use hand sanitizer. When you get home, wash your hands with soap and water for at least 20 seconds.
- At home, follow food safety guidelines: clean, separate, cook, chill. There is no evidence that food or food packaging has been linked to getting sick from COVID-19.

## Accepting deliveries and takeout orders

Limit in-person contact if possible.

- Pay online or on the phone when you order (if possible).
- Accept deliveries without in-person contact whenever possible. Ask for deliveries to be left in a safe spot outside your house (such as your front porch or lobby), with no person-to-person interaction. Otherwise, stay at least 6 feet away from the delivery person.

Wash your hands or use hand sanitizer after accepting deliveries or collecting mail.

- After receiving your delivery or bringing home your takeout food, wash your hands with soap and water for 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- After collecting mail from a post office or home mailbox, wash your hands with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol.



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## Banking

Bank online whenever possible.

- If you must visit the bank, use the drive-through ATM if one is available. Clean the ATM keyboard with a disinfecting wipe before you use it.
- When you are done, use a hand sanitizer with at least 60% alcohol. Wash your hands with soap and water for at least 20 seconds when you get home.



## Getting gasoline

Use gloves or disinfecting wipes on handles or buttons before you touch them.

- Use gloves or disinfecting wipes on handles and buttons before you touch them (if available).
- After fueling, use a hand sanitizer with at least 60% alcohol. Wash your hands for at least 20 seconds when you get home or somewhere with soap and water.



## Going to the doctor or getting medicine

Talk to your doctor online, by phone, or e-mail.

- Use telemedicine, if available, or communicate with your doctor or nurse by phone or e-mail.
- Talk to your doctor about rescheduling procedures that are not urgently needed.

Limit in-person visits to the pharmacy.

- Plan to order and pick up all your prescriptions at the same time.
- If possible, call prescription orders in ahead of time. Use drive-thru windows, curbside services (wait in your car until the prescription is ready), mail-order, or other delivery services. Do the same for pet medicine.
- Check with your doctor and pharmacist to see if you can get a larger supply of your medicines so you do not have to visit the pharmacy as often.





## TIPS MANAGING ANXIETY DURING COVID 19

### What is Anxiety?

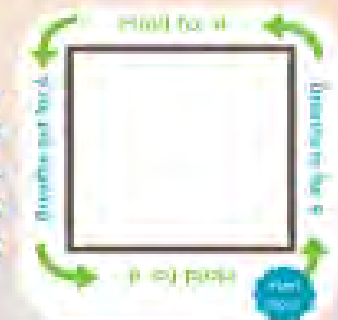
The American Psychological Association describes Anxiety as an emotion characterized by feelings of tension, worried thoughts and physical changes. People experiencing anxiety usually have recurring intrusive thoughts, worries or concerns. It may also have physical manifestations such as sweating, trembling, dizziness and/or a rapid heartbeat.

### Decrease Anxiety With These Breathing Exercises

When people feel anxious or tense, they "breathe tense" taking only shallow breaths. The coronavirus has increased everyone's tension and anxiety. To decrease anxiety Dr. John Sharp, Professor of Psychiatry at Harvard School of Medicine recommends an exercise called Square Breathing.

#### Square Breathing

Visualize your breath traveling along a square, breathing in, holding your breath, breathing out. This is a good exercise for adults and children and should be done six times a day or more often as needed. To make the exercise more fun with a child have your child draw the square on a piece of paper and decorate it with the instructions. You can practice together every day. And of course, you can use any time during the day that you are anxious.



#### "Talk" Your Anxiety Down

The coronavirus has caused tremendous stress and anxiety for everyone. But for people who already have an anxiety disorder the virus has increased their anxiety to extremely distressing levels. Dr. John Sharp, Professor of Psychiatry at Harvard School of Medicine emphasizes that people can manage their anxiety with self-care, self-guidance and positive self-talk. Throughout your day, and in particular when you are feeling anxious, repeat these statements.

- I have the internal resources to manage my anxiety.
- I have external resources to help me with my anxiety.
- I can manage this.
- I will practice techniques that have helped me in the past.



#### RESOURCES

- Nassau County Helpline 516-227-8255 (227TALK)
- Download Nassau CARES App
- Long Island Crisis Center Senior Helpline 516-679-0000
- Long Island Crisis Center Middle Earth 516-679-1111
- Crisistextline.org (text HOME to 741741 to connect with a counselor)
- NYS COVID-19 Emotional Support Helpline 1-844-863-9314



## CONSEJOS COMO GESTIONAR LA ANSIEDAD DURANTE EL CORONAVIRUS

### ¿Qué es la ansiedad?

La Asociación Psicológica Americana describe la ansiedad como una emoción caracterizada por sentimientos de tensión, pensamientos preocupados y cambios físicos. Las personas que experimentan ansiedad generalmente tienen pensamientos, preocupaciones o preocupaciones recurrentes e intrusivas. También puede tener variaciones físicas como sudoración, temblor, mareos y / o latidos cardíacos rápidos.

### Disminuya La Ansiedad Con Estos Ejercicios De Respiración

Cuando las personas se sienten ansiosas o tensas, "respiran tensas" y toman solo respiraciones superficiales. El coronavirus ha aumentado la tensión y la ansiedad de todos. Para disminuir la ansiedad, el Dr. John Sharp, profesor de psiquiatría de la Facultad de medicina de Harvard, recomienda un ejercicio llamado respiración cuadrada.

#### Respiración Cuadrada

Visualice su respiración viajando a lo largo de un cuadrado, respirando, conteniendo la respiración, exhalando. Este es un buen ejercicio para adultos y niños y debe hacerse seis veces al día o con mayor frecuencia según sea necesario. Para que el ejercicio sea más divertido con un niño, pídale que dibuje el cuadrado en una hoja de papel y que lo decore con las instrucciones. Pueden practicar juntas todos los días. Y, por supuesto, puede usarlo en cualquier momento del día que esté ansioso.



#### Busque Bajar Su Ansiedad Hablando

El coronavirus ha causado un tremendo estrés y ansiedad en todos. Pero para las personas que ya tienen un trastorno de ansiedad, el virus ha aumentado su ansiedad a niveles extremadamente angustiados. El Dr. John Sharp, profesor de psiquiatría en la Facultad de medicina de Harvard, enfatiza que las personas pueden manejar su ansiedad con autocuidado, auto orientación y diálogo interno positivo. Durante todo el día, y en particular cuando se siente ansioso, repita estas palabras.

- Tengo los recursos internos para controlar la ansiedad.
- Tengo recursos externos para ayudarme con mi ansiedad.
- Puedo manejar esto
- Practicaré técnicas que me han ayudado en el pasado.

#### Recursos

- Línea de ayuda del condado de Nassau 316-227-8233 (227TALK)
- Bajar la aplicación Nassau CARES
- Long Island Crisis Center Senior Helpline 316-679-0000
- Long Island Crisis Center Middle Birth 316-679-1111
- Crisistextline.org (envíe un mensaje de texto HOME al 741741 para conectarse con un consejero)
- NYS COVID-19 Línea de ayuda de apoyo emocional 1-844-863-9314



LAURA CURRAN  
NASSAU COUNTY EXECUTIVE



CAROLYN MCCUMMINGS, MPH PhD  
COMMISSIONER  
DEPARTMENT OF HUMAN SERVICES

## TIPS MANAGING GRIEF IN TIMES OF COVID-19



The coronavirus sweeping the globe has not only left many anxious about life and death issues, it is forcing us to experience the loss of normalcy, the fear of financial instability, loss of connections and loss of family structures. That discomfort you are feeling is GRIEF.




### *What can individuals do to manage this grief?*

*Recognize the losses.* We can't heal what we don't have an awareness of. It is important to honor our own losses even if those losses seem small compared to others. Name your losses.

*Bear witness and communicate.* Sharing our stories is important. It can be as simple as picking up the phone and calling a friend, asking for and/or offering a space in which to share your feelings without being offered advice or trying to fix anything for others. For those more fluent with electronic social networks, share stories/losses using Zoom, Skype or FaceTime.

*Reach out anonymously.* There are many types of helplines or warm lines that provide early intervention with emotional support that can prevent a crisis while maintaining anonymity.

These are some of our local sources:

- Nassau County Helpline (516) 227-8255 (227TALK)
- Download Nassau CARES App 
- Long Island Crisis Center Senior Helpline (516) 679-0000
- Long Island Crisis Center Middle Earth 516-679-1111
- Mental Health Association of Nassau County (516) 489-0100 (Extension 1)
- New York State Emotional Support Helpline 1-844-863-9314
- CrisisTextLine.org (text HOME to 741741 to connect with a counselor)
- National Alliance of Mental Illness 1-800-950-6264

### **FIND BALANCE IN THE THINGS YOU ARE THINKING.**

Be creative with art, write, draw, color, paint, play music, listen to your favorite music, dance, try gardening, cook. Research shows that all these things help reduce stress by offering positive distractions, improving mood. Remember to breath and be in the here and now!

*Allow yourself to let joy and gratitude into your life during these challenging times. Stay connected to loved ones. But most importantly be kind to yourself. Let yourself feel the grief, move through it and keep going!*



## CONSEJOS COMO GESTIONAR LA PENA, EL DOLOR Y LA AFLICCION DURANTE EL CORONAVIRUS



El coronavirus que está arrasando el mundo no solo ha dejado a muchos preocupados por los problemas de vida o muerte, sino que nos está obligando a experimentar la pérdida de la normalidad, el miedo a la inestabilidad financiera, la pérdida de conexiones y la pérdida de las estructuras familiares. Esa incomodidad que sientes es **PENA Y DOLOR**.




### *¿Qué pueden hacer las personas para manejar este dolor?*

**Reconocer las pérdidas.** No podemos sanar lo que no conocemos. Es importante honrar nuestras propias pérdidas incluso si esas pérdidas parecen pequeñas en comparación con otras. Identifica tus pérdidas.

**Da testimonio y comunícate.** Compartir nuestras historias es importante. Puede ser tan simple como levantar el teléfono y llamar a un amigo para compartir tus sentimientos sin que te ofrezcan consejos o intentar arreglar algo para los demás. Para aquellos más fluidos con las redes sociales electrónicas, comparte historias / pérdidas usando Zoom, Skype o FaceTime.

**Busque ayuda anónima.** Existen muchos tipos de líneas de ayuda o líneas de atención que brindan una intervención temprana con apoyo emocional que puede prevenir una crisis mientras se mantiene el anonimato. Estas son algunas de nuestras fuentes locales:

- Línea de ayuda del condado de Nassau 516-227-8255 (227TALK)
- Bajar la aplicación Nassau CARES 
- Long Island Crisis Center Senior Helpline 516-679-0000
- Long Island Crisis Center Middle Earth 516-679-1111
- Asociación de Salud Mental del Condado de Nassau (516) 489-0100 Extensión 1
- NYS COVID-19 Línea de ayuda de apoyo emocional 1-844-863-9314
- Crisiscenterline.org (envie un mensaje de texto HOME al 741741 para conectarse con un consejero)
- Alianza Nacional de SALUD Mental 1-800-950-6264

### **ENCUENTRE EQUILIBRIO EN LAS COSAS QUE ESTÁ PENSANDO.**

Sé creativo con el arte, escribe, dibuja, colorea, pinta, reproduce música, escucha tu música favorita, baila, trabaja en tu jardín, cocina. Estudios muestran que todas estas cosas ayudan a reducir el estrés al ofrecer distracciones positivas y mejorar el estado de ánimo. ¡Recuerda respirar y estar aquí en el presente!

Permítete dejar que la alegría y la gratitud entren en tu vida durante estos tiempos difíciles. Mantente conectado con tus seres queridos. Pero lo más importante sea amable contigo misma. ¡Permítete sentir el dolor, muévete y sigue adelante!




## CONSEJOS GESTIONANDO LA ADICCIÓN DURANTE EL CORONAVIRUS

El aislamiento es un desencadenante importante para aquellos que luchan con trastornos por uso de sustancias y trabajan para mantener / obtener la recuperación. Afortunadamente, en este momento de distanciamiento social, la tecnología está disponible para crear y mantener conexiones sociales saludables.

### ¡Cosas que puedes hacer!

- ✓ Cuando tenga ganas de usar, ¡Busque ayuda! Las reuniones de autoayuda tienen recursos a los que puede acceder a través del Internet, también hay líneas de ayuda y los centros de atención al público aún están disponibles.
- ¡Compruébalo! Diariamente, haga un inventario personal sobre cómo se siente y qué puede hacer para hacer un cambio.
- ✓ Manténgase en contacto con sus proveedores, aunque puede que no se reúnan en persona, muchas agencias han encontrado una solución para los servicios de tele salud y están aceptando clientes nuevos.
- Sal afuera. Aunque necesitamos mantener la distancia física, aún podemos utilizar el exterior para despejar nuestras mentes y hacer que nuestros cuerpos se muevan!
- ✓ Continúe tomando todas sus medicaciones según lo recetado.
- ✓ ¡Alimentando tu mente! Si no ha encontrado el tiempo para leer el Libro Grande, consejos de recuperación SMART, literatura espiritual o su novela favorita de ciencia ficción. ¡Este es el tiempo!
- ¡Apaga las noticias! Estar informado es importante, pero un flujo de información puede ser demasiado.
- Tener estructura. Esto es importante ya que nos da a todos una sensación de normalidad.
- ✓ Por último, evita el aislamiento! La enfermedad de la adicción es aisladora por naturaleza, pero no dejes que el Coronavirus perpetúe ese ciclo. ¡Para mantenerse conectada con familiares y amigos. Llame, mande mensajes de texto, haga video chat, para buscar apoyo que sabes que han funcionado en el pasado!

Si tiene dificultades, comuníquese con un proveedor de servicios para adicciones. Llame a la línea de ayuda del condado de Nassau al 516-227-TALK (516-227-8255) para conocer los recursos disponibles en la comunidad y/o bajar la aplicación Nassau CARES. 

#### Recursos Adicionales

- ✦ Reuniones de apoyo sobrio e línea: <https://www.as-intergroup.org/>, <http://na-recovery.org/> y <https://www.smartrecovery.org/family/>
- ✦ Aplicaciones de redes sobrias como Connections, I am Sober y Sober Grid
- ✦ Central Nassau Guidance Unidad de Recuperación Movil—316-396-2778 (Acceso a tratamiento asistido con medicamentos, apoyo, asesoramiento y exámenes de salud)
- ✦ Zucker Hillside Servicios de Recuperación de Adicciones—718-470-8900
- ✦ Long Island Crisis Center Middle Earth—316-679-1111 (asesoramiento e información de intervención en crisis de salud mental)
- ✦ Oficina de Servicios y Apoyos de Adicciones del Estado de Nueva York: <https://findaddictiontreatmentny.gov/>, [OASAS] Hope Line—877-846-7369
- ✦ Programa de Adicciones los Opioides del Condado de Nassau—316-372-3801, 316-372-6300
- ✦ Mary Haven New Hope—316-346-7070






## TIPS MANAGING ADDICTION DURING COVID 19

Isolation is a major trigger for those struggling with substance use disorders and working on maintaining/obtaining recovery. Thankfully, in this time of social distancing, technology is available to both create and maintain healthy social connections.

### Things you can do!

- When you feel like using, reach out! Self-Help meetings have resources you can access via the internet, there are also helplines, and walk in centers still available.
- Check yourself! On a daily basis, take a personal inventory about how you are feeling and what you can do to make a change.
- Keep in touch with your providers, although they may not be meeting in person, many agencies have worked out a solution for telehealth services and are accepting new clients!
- Get outside. Although we need to maintain physical distance, we can still utilize the outside to clear our minds and get our bodies moving!
- Continue to take all of your medication as prescribed.
- Feed your mind! If you haven't found the time to read the Big Book, SMART recovery tips, spiritual literature or your favorite, sci fi novel. This is the time!
- Turn the news off! Being informed is important but an influx of information can be overwhelming.
- Have structure. This is important as it gives us all a sense of normalcy.
- Lastly, avoid isolation! The disease of addiction is isolating by nature, don't let COVID-19 perpetuate that cycle! Call, text, video chat, friends, family and supports you know have worked in the past!

If you are having difficulties, reach out to an addiction service provider. Please call the Nassau County Helpline at **516-227-TALK (516-227-8255)** to learn about resources available in the community and/or download the Nassau CARES app. 

### Additional Resources





- + Online Sober Support Meetings - <https://www.aa-intergroup.org/>, <http://na-recovery.org/> and <https://www.smartrecovery.org/family/>
- + Sober Network Apps such as Connections, I am Sober and Sober Grid
- + Central Nassau Guidance Mobile Recovery Unit—516-396-2778 (Access to medication assisted treatment, peer support, counseling and health screenings)
- + Zucker Hillside Addiction Recovery Services—716-470-8950
- + Long Island Crisis Center Middle Earth—516-679-1111 (crisis intervention counseling and information)
- + New York State Office of Addiction Services and Supports: <https://findaddictiontreatment.ny.gov/> (OASAS) Hope Line—877-846-7369
- + Nassau County Opioid Addiction Program—516-572-5801, 516-572-6305
- + Mary Haven New Hope—516-546-7070



## TIPS HELPING CHILDREN AND TEENS MANAGE EMOTIONAL DISTRESS AND ANXIETY ABOUT COVID-19


Parents and Caretakers, please remember children and youth often take cues from trusted adults around them, so it is important for the adults to remain calm, reassuring, and supportive.

### Signs of Emotional Distress/Anxiety

 <ul style="list-style-type: none"><li>Mood Changes</li><li>Anxiety</li><li>Fear</li><li>Sadness</li><li>Withdrawn</li><li>Sleep issues</li></ul>	 <ul style="list-style-type: none"><li>Changes in appetite</li><li>Clingy Tendencies</li><li>Jittery</li><li>Crying spells</li><li>Angry outburst</li><li>Disobedience</li></ul>	 <ul style="list-style-type: none"><li>Argumentative</li><li>Oppositional</li><li>Attention Issues</li><li>Irritability</li><li>Bed wetting</li><li>Physical complaints</li></ul>	
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### Things you can do!

- |  |   |
|--|---|
| <b>Listen</b>                          | Give children and youth the opportunity to express their feelings and ask questions. They may be repetitive, but that's okay. Be patient if you find yourself repeating similar information, it provides reassurance.   |
| <b>Offer Reassurance</b>               | Reassure your children and youth that the family is taking steps to keep everyone safe. Go over specific actions that you have initiated to limit exposure to the virus. Let the children participate in the effort to stay free from infection. Offer tips from the CDC for handwashing and prevention.                              |
| <b>Stay Active</b>                     | This promotes healthy practices to deal with stress. There are many free, online workout videos that can be streamed. Try something new! Example, yoga, pilates, dance cardio, etc. Try to continue indoor activities as well that bring you joy such as coloring, reading, exercising, listening to music, playing board games, etc. |
| <b>Create a Schedule</b>               | Create a daily routine and schedule when possible, including set times for school work, down time as well as bed time. Have children and youth assist in creating schedules and choosing activities when appropriate. This allows them to have a sense of control.  |
| <b>Limit Exposure to Media Outlets</b> | Monitor exposure to sensationalized media and rumors that may cause heightened fear and anxiety. Taking a break from the news and conversations around COVID-19 may be helpful to allow you and your children to focus on something else.   |

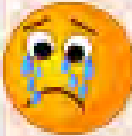
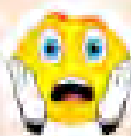
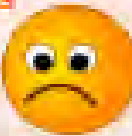

If a child/youth seems to be having difficulty adjusting to the current situation, reach out to a mental health professional for guidance. Please call the Nassau County Helpline at **516-227-TALK (516-227-8255)** to learn about resources available in the community and/or download the Nassau CARES app. 



**Consejos**  
**PARA AYUDAR A NIÑOS Y ADOLESCENTES**  
**GESTIONAR EL ESTRÉS EMOCIONAL Y LA ANSIEDAD SOBRE CORONAVIRUS**


Padres y cuidadores, recuerden que los niños y los jóvenes a menudo toman señales de los adultos de confianza que los rodean, por lo que es importante que los adultos permanezcan tranquilos, tranquilizadores y de apoyo.

Signos de Ansiedad Emocional/Ansiedad

	<p>Cambios de humor Ansiedad Miedo Tristeza Alejado/a Problemas de sueño</p>		<p>Cambios en el apetito Tendencias pegajosas Nervioso Episodios de llanto Arrebato de enojo Desobediencia</p>		<p>Aumentar Llevar la comida Problemas de atención Irritabilidad Mojar la cama Quejas físicas</p>	
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**¡Cosas que puedes hacer!**

- Escucha** Brinde a los niños y jóvenes la oportunidad de expresar sus sentimientos y hacer preguntas. Pueden ser repetitivos, pero está bien. Sé paciente si te encuentras repitiendo información similar, esto da seguridad.
- Ofrecer Seguridad** Asegure a sus hijos y jóvenes que la familia está tomando medidas para mantener a todos seguros. Repase las acciones específicas que ha iniciado para limitar la exposición al virus. Deje que los niños participen en el esfuerzo por mantenerse libres de contagios. Ofrezca consejos de los Centro Para el Control y La Prevención de Enfermedades para el lavado de manos y la prevención.
- Mantenerse Activo** Esto promueve prácticas saludables para lidiar con el estrés. Hay muchos videos de ejercicios en línea gratuitos que se pueden transmitir. ¡Intenta algo nuevo! Ejemplo, yoga, pilates, cardio de baile, etc. Intente continuar con las actividades dentro del hogar que también le brinden alegría, como colorear, leer, hacer ejercicio, escuchar música, jugar juego de mesa, etc.
- Crea un horario** Cree una rutina diaria y un horario cuando sea posible, incluyendo horarios establecidos para el trabajo escolar, el tiempo de inactividad y la hora de acostarse. Haga que los niños y jóvenes ayuden a crear horarios y elegir actividades cuando sea apropiado. Esto les permite tener un sentido de control.
- Limite exposición a medios de comunicación** Controle la exposición a los medios sensacionalistas y los rumores que pueden causar mayor miedo y ansiedad. Tomar un descanso de las noticias y conversaciones sobre el Coronavirus puede ser útil para permitirles a usted y a sus hijos concentrarse en otra cosa.

Si un niño / joven parece tener dificultades para adaptarse a la situación actual, comuníquese con un profesional de salud mental para obtener orientación. Llame a la línea de ayuda del condado de Nassau al 516-227-TALK (516-227-8255) para conocer los recursos disponibles en la comunidad y/o bajar la aplicación de teléfono, Nassau CARES. 



# FBI Urges Vigilance During COVID-19 Pandemic

As the United States and the world deal with the ongoing [pandemic](#), the FBI's national security and criminal investigative work continues. There are threats you should be aware of so you can take steps to protect yourself.

- Children who are home from school and spending more time online may be at increased risk for exploitation.
- Anyone can be targeted by hackers and scammers.
- Protecting civil rights and investigating hate crimes remain a high priority for the FBI.

Use the resources on this page to help keep yourself and your family safe from these and other threats.



**Protect Yourself  
from Pandemic  
Scammers**

The head of our Financial Crimes Section discusses scams and crimes related to the COVID-19 pandemic and offers tips on how to protect yourself.

## Report COVID-19 Fraud

If you are a victim of a scam or attempted fraud involving COVID-19, you can:

Contact the [National Center for Disaster Fraud](#) hotline at 866-720-5721 or via email at [disaster@leo.gov](mailto:disaster@leo.gov)

Report it to the FBI's Internet Crime Complaint Center at [ic3.gov](https://www.ic3.gov)

Contact your [local FBI field office](#) or submit a tip online at [tips.fbi.gov](https://tips.fbi.gov)

“Unfortunately, criminals are very opportunistic. They see a vulnerable population out there that they can prey upon.”

Steven Merrill, chief, FBI Financial Crimes Section

# Protect Your Wallet—and Your Health—from Pandemic Scammers

## FBI Exec Discusses COVID-19-Related Schemes

This is a recent interviewed with Steven Merrill, head of the FBI's Financial Crimes Section, to discuss scams and crimes related to the [COVID-19 pandemic](#). yourself.

**Q:** Why is this pandemic, or any disaster, such an opportunity for scammers and criminals?

**A:** Unfortunately, criminals are very opportunistic. They see a vulnerable population out there that they can prey upon. People are scared and looking for help. People are trying to protect themselves and their families.

For example, people are looking for medical attention and medical equipment. They also may be unemployed and looking for work. There may be an extra level of desperation right now that may cause someone to make an emotional decision that could make them a victim.

**Q:** What are some of the most common fraud schemes you're seeing?

**A:** Government Impersonators

One of the most prevalent schemes we're seeing is government impersonators. Criminals are reaching out to people through social media, emails, or phone calls pretending to be from the government. In some cases, they're even going door-to-door to try to convince someone that they need to provide money for COVID testing, financial relief, or medical equipment.

We are a very trusting society, but it's important to know that the government will not reach out to you this way. If someone reaches out to you directly and says they're from the government helping you with virus-related issues, it's likely a scam. This "government" representative may be trying to use phishing or other techniques to hack your computer or get your personal information or money.

## Fraudulent Cures or Medical Equipment

Right now, the threat we're most concerned about is fake cures or treatments for the virus. These "cures" can be extremely dangerous to your health—even fatal. You should never accept a medical treatment or virus test from anyone other than your doctor, pharmacist, or local health department.

## Work-from-Home Fraud

People who are at home and out of work are vulnerable to work-from-home scams. If someone you don't know contacts you and wants you to urgently pay them in return for a "job," you are dealing with a criminal. Legitimate jobs will not ask you to pay them.

If you're in a role like this where you're being asked to send or move money, you're acting as a [money mule](#), which is a federal crime.

## Investment Fraud

One of the most lucrative schemes for criminals is offering you an opportunity to invest in a cure or treatment for the virus. The purpose of these get-rich-quick schemes is simply to [defraud the investor](#). Any offer like this should be treated with extreme caution.

**Q:** What potential scams should people be aware of regarding government financial benefits?

**A:** The government will not ask you for personal information to give you your financial benefits. If you receive an email, text message, or phone call claiming to help you get your benefits, do not respond.

If you are eligible to receive the benefits, your government check will be mailed to you or will be direct deposited into your bank account. (*Note: The IRS has additional tips on [how to avoid these types of scams](#).)*

**Q:** What is the FBI doing about these scammers?

**A:** We're investigating many of these cases right now. We've already arrested and filed charges against those who we have evidence to believe are engaging in these crimes. We have teams of FBI employees working these cases every day.

I strongly encourage anyone who comes across something suspicious to report it to the FBI at [tips.fbi.gov](https://tips.fbi.gov) or to the Internet Crime Complaint Center at [ic3.gov](https://ic3.gov).



“We’ve already arrested and filed charges against those who we have evidence to believe are engaging in these crimes.”

Steven Merrill



**Q:** What can people do to protect themselves from scammers?

**A:** Use extreme caution in online communication. For emails, verify who the sender is—criminals will sometimes change just one letter in an email address to make it look like one you know. Be very wary of attachments or links; hover your mouse over a link before clicking to see where it’s sending you.

In general, be suspicious of anyone offering you something that’s “too good to be true” or is a secret investment opportunity or medical advice. Seek out legitimate sources of information.



For medical information, those trusted sources are your own doctor, [cdc.gov](https://www.cdc.gov), and your local health department. For financial information, that’s [ftc.gov](https://www.ftc.gov) or [irs.gov](https://www.irs.gov).

# May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	11	12	13	14	15	16
17	18	19	20	21	22	23
24		26	27	28	29	30
31						



# June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
 <b>HAPPY FLAG DAY</b>	15	16	17	18	19	20
 <i>Happy Father's Day</i>	22	23	24	25	26	27
28	29	30				







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