



CERT



NASSAU COUNTY



Main Office:

516-573-9600

Email:

oemcert@nassaucountyny.gov

**CERT IS
WHAT
YOU
MAKE IT**



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

CERT Monthly Newsletter

OCTOBER 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 during this pandemic, wild fires and the recent weather events.

We have completed merging the four divisions into two, Division 1 and Division 2. There is a list, included in this newsletter, of the towns in each Division. A test email was sent to all members and the data base has been updated as a result of the responses, in some cases the email was listed as undeliverable. No action is required by any member, unless you would like to update/change your email address.

We were planning to have an All-County meeting sometime in October. However, while it would be great to get together and start to move the CERT program forward, we feel it best to continue to postpone meetings and events until conditions improve and "social distancing" is no longer an issue.

The National Fire Protection Association (NFPA), the official sponsor of Fire Prevention Week for more than 95 years, has announced "Serve Up Fire Safety in the Kitchen" as the theme for Fire Prevention Week, October 4-10, 2020. NFPA's focus on cooking fire safety comes in response to home cooking fires representing the leading cause of U.S. home fires, with nearly half (49 percent) of all home fires involving cooking equipment; unattended cooking is the leading cause of these fires.

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 and Stay Healthy

Bob, Rick & Paul

Division 1**Division Leader - Bill Pavone****Towns****Sub-Areas****Bayville/Oyster Bay**Bayville
Centre Island
Cove Neck
Laurel Hollow
Oyster Bay
Oyster Bay Cove**Bellmore/Merrick**Bellmore
Merrick
North Bellmore
North Merrick**East Meadow**

East Meadow

FarmingdaleFarmingdale
South Farmingdale**Glen Cove**Glen Cove
Glen Head
Glenwood Landing
Greenvale
Sea Cliff**Hicksville**Upper Brookville
Bethpage
Brookville
Hicksville
Jericho
Laurel Hollow
Muttontown
Old Bethpage
Old Brookville
Plainview
Syosset
Woodbury**Locust Valley**East Norwich
Lattingtown
Locust Valley
Matinecock**Massapequa**East Massapequa
Massapequa
Massapequa Park
North Massapequa**Seaford/Wantagh/Levittown**Levittown
North Wantagh
Seaford
Wantagh

Division 2**Division Leader—Marvin Stein**

Towns	Sub-Areas	Towns	Sub-Areas
Five Towns	Cedarhurst Far Rockaway Hewlett Hewlett Bay Park Hewlett Harbor Inwood Lawrence Woodmere Woodsburgh	Great Neck/Lake Success	Great Neck Plaza Harbor Hills Kensington Kings Point Lake Success Manhasset Manorhaven Middle Neck Munsey Park
Freeport	Freeport Roosevelt		North Hills Plandome
Glen Cove	East Hills Roslyn Roslyn Harbor Roslyn Heights		Plandome Heights Port Washington West Atlantic Beach
Malverne	Hempstead Lakeview Malverne Rockville Centre South Hempstead West Hempstead	Floral Park	Bellerose Terrace Bellerose Village Floral Park South Floral Park Stewart Manor
Oceanside	Atlantic Beach Baldwin Baldwin Harbor Barnum Island Harbor Isle Island Park Lido Beach Long Beach Oceanside Point Lookout East Rockaway	New Hyde Park	Albertson Garden City East Williston Elmont Franklin Square Garden City Park Garden City South Herricks Manhasset Hills Mineola New Hyde Park North New Hyde Park
Valley Stream	Lynbrook North Valley Stream South Valley Stream Valley Stream	Uniondale Westbury	Searingtown Williston Park Uniondale Carle Place New Cassel
Great Neck/Lake Success	Atlantic Beach Baxter Estates East Atlantic Beach Flower Hill Great Neck Great Neck Gardens		Old Westbury Salisbury Westbury



2020 Campaign

This year's FPW campaign, "Serve Up Fire Safety in the Kitchen!™" works to educate everyone about the simple but important actions they can take to keep themselves, and those around them, safe in the kitchen.

Did you know?

- ◆ Cooking is the #1 cause of home fires and home fire injuries.
- ◆ Unattended cooking is the leading cause of fires in the kitchen.
- ◆ Scald burns are the second leading cause of all burn injuries. Hot liquids from coffee and even microwaved soup can cause devastating injuries.

Recipe for safety

Before you serve a meal, it's essential to serve up fire safety in the kitchen. There's nothing like spending time in the kitchen cooking a delicious meal for family and friends or an appetizing treat for yourself. But do you know the important steps to take long before anyone takes the first bite?

STAY

focused on the food



Unattended cooking is the leading cause of fires in the kitchen.

- **Stay in the kitchen** when you are frying, boiling, grilling, or broiling food. Turn off the burner if you leave the kitchen—even for a short period of time.
- If you are simmering, baking, or roasting food, check it regularly and **stay in the home**.
- Use a timer to remind you that you are cooking, or carry around a wooden spoon as a reminder.
- If you are sleepy, have consumed alcohol, or have taken medicine that makes you drowsy, don't cook. **Place a delivery order!**

KEEP

cooking areas clear

Clear away clutter and give cooking appliances space to lessen the chance of a kitchen fire.

- **Keep anything that can catch fire**—oven mitts, wooden utensils, food wrappers, towels, curtains—**away from the stovetop**.
- Loose clothing can hang down onto stove burners and catch fire. **Wear short, close-fitting, or tightly rolled sleeves** when cooking.
- Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- **Keep pets off** cooking surfaces and nearby countertops.
- **Clean up food and grease** from burners and the stovetop.



PUT

a lid on it

You can take simple steps to keep a small kitchen fire from getting out of control.

- **Always keep a lid nearby** when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner. Leave the pan covered until it's cool.
- **Never discharge a portable fire extinguisher into a grease fire** because it will spread the fire.
- In case of an oven fire, **turn off the heat and keep the door closed until the oven is cool**. After the fire, have the oven serviced before using it again.
- If you have a microwave oven fire, **turn the appliance off immediately and keep the oven door closed**. Have the microwave oven serviced before using it again.

PREVENT

scalds and burns



Hot liquids and steam from the stove or oven can cause devastating injuries.

- **Turn pot handles away** from the stove's edge.
- **Keep hot foods and liquids away** from table and counter edges.
- **Keep your face away** from the oven door when checking or removing food so that the heat or steam does not cause burns.
- Open microwaved food slowly, away from your face. **Let food cool before eating**.
- **Keep appliance cords coiled and away** from counter edges.

Parents and Caregivers,

Cooking is the No. 1 cause of home fires and home fire injuries. This year's Fire Prevention Week™ (FPW) campaign, "Serve Up Fire Safety in the Kitchen!™", works to educate everyone about simple but important actions they can take to keep themselves and those around them safe.

FPW is a perfect time to complete this cooking safety checklist together. If you checked **YES** on all the boxes, great job! If some boxes are checked **NO**, work together as a family to turn them into a **YES**.



SERVE UP Fire Safety IN THE KITCHEN!

The _____ Family's **Cooking Safety Checklist**

- YES NO Does a grown-up always pay attention to things that are cooking?
- YES NO Does a grown-up watch the stovetop when he or she is frying, boiling, grilling, or broiling food?
- YES NO If a grown-up must leave the kitchen for even a short period of time, does he or she turn off the burner?
- YES NO Are things that can burn, such as dish towels, curtains, or paper, away from the stovetop?
- YES NO Are the stovetop, burners, and oven clean — no spilled food, grease, paper or bags?
- YES NO Are pot handles turned toward the back of the stove when a grown-up is cooking?
- YES NO Do children and pets stay out of the kid-free zone (3 feet or 1 meter from the stove) when a grown-up is cooking?
- YES NO Are containers opened slowly when removing from the microwave? Hot steam can escape from containers and cause burns.
- YES NO Does your family have working smoke alarms on every level of the home, outside all sleeping areas, and in each bedroom?
- YES NO Does your family have a home fire escape plan?
- YES NO Do you practice the plan?



Protect Your Health This Season

Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself, your family and your community from flu. A flu vaccine this season can also help reduce the burden on our healthcare systems responding to the COVID-19 pandemic and save medical resources for care of COVID-19 patients. Flu vaccination is especially important for people who are at high risk from flu; many of whom are also at high risk for COVID-19 or serious outcomes. September and October are good [times to get a flu vaccine](#).



Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Getting a flu vaccine during 2020-2021 will be more important than ever.
- Flu vaccines will not prevent COVID-19, but they will reduce the burden of flu illnesses, hospitalizations and deaths on the health care system and conserve scarce medical resources for the care of people with COVID-19.
- CDC estimates that last season, fewer than half of Americans got a flu vaccine and at least 410,000 people were hospitalized from flu. Increased vaccination coverage would reduce that burden.
- Most flu vaccines protect against the four flu viruses that research suggests will be most common.
- Everyone 6 months of age and older should get annual flu vaccine by the end of October.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- People at high risk of serious flu complications include young children, pregnant women, people with certain chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older. Many people at higher risk from flu also seem to be at higher risk from COVID-19.
- Vaccination also is important for health care workers, and other people who live with or care for people at higher risk to keep from spreading flu to them. This is especially true for people who work in long-term care facilities, which are home to many of the people most vulnerable to flu and COVID-19.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for infants should be vaccinated instead.

Take everyday preventive actions to stop the spread of germs.

- Take everyday preventive actions that are always recommended to reduce the spread of flu.
 - ◆ Avoid close contact with people who are sick.
 - ◆ If you are sick, limit contact with others as much as possible to keep from infecting them.
- Cover coughs and sneezes.
 - ◆ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.
- For flu, CDC recommends that people stay home for at least 24 hours after their fever is gone except to get medical care or other necessities. Fever should be gone without the need to use a fever-reducing medicine. The stay-at-home guidance for COVID-19 may be different.
- In the context of the COVID-19 pandemic, local governments or public health departments may recommend additional precautions be taken in your community. Follow those instructions.

Take flu antiviral drugs if your doctor prescribes them.

- If you are sick with flu, antiviral drugs can be used to treat your illness. Flu antiviral drugs are not designed to treat COVID-19.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Antiviral drugs can make flu illness milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.
- Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high risk factor or is very sick from flu.
- If you are at higher risk from flu and get flu symptoms, call your health care provider early so you can be treated with flu antivirals if needed. Follow your doctor's instructions for taking this drug.

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with flu and have respiratory symptoms without a fever.

Visit CDC's website to find out what to do if you get sick with the flu.

What are the emergency warning signs of flu?

People experiencing these warning signs should obtain medical care right away.

IN CHILDREN

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

IN ADULTS

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest or abdomen
- Persistent dizziness, confusion, inability to arouse
- Seizures
- Not urinating
- Severe muscle pain
- Severe weakness or unsteadiness
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

These lists are not all inclusive. Please consult your medical provider for any other symptom that is severe

Cold vs Flu

Signs and Symptoms	Cold	Influenza (Flu)
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual; lasts 3-4 days
Aches	Slight	Usual; often severe
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate; hacking cough	Common; can be severe
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

TAKE 3 ACTIONS TO

FIGHT FLU



Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.



GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself, Protect Your Family. Get Vaccinated. #FightFlu

STOP THE SPREAD

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).



ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS

Take antiviral drugs if your doctor prescribes them!

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.



WWW.CDC.GOV/FLU

#FIGHT FLU





Radio Amateur Civil Emergency Services

(RACES)

RACES / CERT Comms Group SITREP

October 2020



Fellow RACES Members,

We will soon be entering Flu Season. It is extremely important that we all at least consider receiving flu shots. No matter what anyone tells you no one can answer the question on how will corona virus effect this flu season. If you have an underlying condition or live with someone who does it is your responsibility to keep them safe too. We have been going through this pandemic for some time now and it can get very frustrating but now is not the time to lower our guard.

Just as a reminder the October RACES meeting will not be held. We will keep you advised of any further changes to our schedule. The Officers have made progress with new trainings and will be selecting an exercise committee for the development of our first full scale exercise. If you are interested in sitting on the committee you can send an e-mail to rlong2@optonline.net.

Don't forget to sign in on the ARES/RACES net held every Monday at 2000 hours on Alpha 1.

MARS Communications Exercise to Involve Amateur Radio Community

Military Auxiliary Radio System (MARS) volunteers will take part in the Department of Defense (DOD) Communications Exercise 20-4, starting on October 3 and concluding on October 26. The MARS focus is interoperability with ARRL and the amateur radio community.

"Throughout the month of October, MARS members will interoperate with various amateur radio organizations that will be conducting their annual simulated emergency tests with state, county, and local emergency management personnel," said MARS Chief Paul English,

WD8DBY. "MARS members will send a DOD-approved message to the amateur radio organizations recognizing this cooperative interoperability effort."

MARS members will also train with the ARRL National Traffic System (NTS) and Radio Relay International (RRI) to send ICS 213 general messages to numerous amateur radio leaders across the US.

"This exercise will culminate with MARS Auxiliarists sending a number of summary messages in support of a larger DOD communications exercise taking place October 20 - 26," English added. Throughout the month of October, MARS stations will operate on 60 meters, and WWV/WWVH will broadcast messages to the amateur radio community. English assures no disruption to communications throughout the month-long series of training events.





Radio Amateur Civil Emergency Services (RACES)



Hams Help Find Kids by Monitoring FRS Channel

Late on the afternoon of September 16, the police department in Post Falls, Idaho, received a 911 call that two juveniles -- ages 9 and 11 -- were missing from a Post Falls residence for about an hour. According to the report, the pair had left home intending to play in the neighborhood with some Family Radio Service (FRS) radios. Several patrol cars were dispatched to the area to conduct a visual search, and detective Neil Uhrig, K7NJU, responded as officer in charge due to his training and experience with missing persons investigations. The initial search focused on a 2-mile radius from the missing kids' residence.



One officer received information from witnesses that the pair was probably using FRS Channel 1 (462.5625 MHz). An officer returned to police headquarters to retrieve some FRS radios for distribution to the patrol officers, in the event they might be able to hear the youngsters talking.

Uhrig, meanwhile, pulled out his VHF/UHF handheld with the thought of setting up FRS Channel 1 as an auxiliary frequency, but without the manual at hand, he wasn't able to execute the channel setup. But Uhrig did hear the Northwest Traffic Net (NWTN) that had begun at 6:30 PM on the local 2-meter repeater.

Checking into the net at about 6:45 PM, Uhrig explained the missing persons situation to net control station Shannon Riley, KJ7MUA, and asked if net participants in the Post Falls area with FRS capability could listen for the youngsters talking.

A number of stations promptly checked in to say they had FRS radios and were monitoring FRS Channel 1. It was assumed that only stations located near the missing youngsters would hear them, given the limited range of FRS radios.

Not long after 7 PM, Jim Hager, KJ7OTD, reported hearing children talking on FRS Channel 1. Uhrig went to Hager's home to confirm his observation, and the patrol units were redirected to the new search vicinity. A short time later, the missing pair was found safe and returned home.

Uhrig said the most remarkable thing about the incident was that the missing youngsters turned out to be some distance from the original search area, and in the opposite direction from where they were thought to have been headed.

Net Manager Gabbee Perry, KE7ADN, said, "I'm so proud of what a superior job NWTN NCS Shannon [KJ7MUA] and all the operators did last Wednesday. It was a very unusual situation, but everyone had excellent focus and used their resourcefulness to help quickly find the missing kids." -- Thanks to ARRL Assistant Idaho Section Manager Ed Stuckey, AI7H

The above articles were reprinted from September ARRL newsletter



Radio Amateur Civil Emergency Services (RACES)



2020 Event Updates:

- **Gold Coast Tour 2020** - It's looking bleak, but we're not giving up! The 2020 Gold Coast Tour WILL NOT TAKE PLACE as previously scheduled. We are exploring options regarding the possibility of another event in the fall. Stay tuned, and be safe! For more information visit https://www.hbcli.org/gold_coast_tour
- **Long Island Marathon 2020** - This event has been re-scheduled for 2021. It will be held on the weekend of Friday April 30th, Saturday May 1st and Sunday May 2nd, 2021.
- **ACS Walk 2020 Making Strides** - Sunday October 18, 2020 will be a virtual and drive through event. Your participation as radio operators will not be need. You can visit the following website for the latest information: https://secure.acsevents.org/site/STR?pg=entry&fr_id=97644
- **NYC Marathon 2020** - This event scheduled for Sunday November 1, 2020 has been cancelled. You can visit the following website for the latest information: <https://www.nyrr.org/races/2020tcsnewyorkcitymarathon>
- **Red Cross Drill** - The drill is scheduled for Saturday November 14, 2020. There is no other information on this event at this time.

Note: Even though the above events are not RACES events many of are members provide communications for the coordinating agencies. That is why we wanted to provide you with an informational update.

We should continue to give thanks to those individuals who are on the front lines fighting this terrible virus. Also, remember to thank those essential workers for being out there everyday so we can stay safe at home and hopefully prevent this virus from spreading.

For the latest information on COVID -19 follow these links:

<https://www.cdc.gov>

<https://www.health.ny.gov>

<https://www.nassaucountyny.gov/agencies/Health/>

Together, we can get through this.

Stay Safe and Healthy,

73

Nassau County RACES Leadership

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11		13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2		4	5	6	7
8	9	10		12	13	14
15	16	17	18	19	20	21
22	23	24	25		27	28
29	30					



Nassau County CERT Coordinator

Bob Chiz & Rick Delucia

oemcert@nassaucountyny.gov

CERT Deputy Director

Paul Shapiro

pshapiro@nassaucountyny.gov

CERT Section Chiefs

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

Division 1

Division Supervisor

Bill Pavone

nassaucertdiv1@yahoo.com

Division 2

Division Supervisor

Marvin Stein

