CERT

NASSAU COUNTY

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CERT IS

WHAT

YOU

MAKE IT

COUNTY,

STATE,

&

FEDERAL

ONE TEAM

Dear Members,

As we are entering into the changes of seasons and the duration of daylight becomes noticeably shorter and the temperature cools down considerably. We need to remember to check our smoke alarms and carbon monoxide (CO) alarms. We should start preparing and checking our homes and automobiles for the upcoming seasons. Also Daylight Saving Time ends on Sunday, November 1st, remember to change your clocks back one hour.

As Winter and the holidays approach, here in Nassau County we have made great progress with regards to COVID-19, however we are still seeing people infected and hospitalized daily. County Executive Laura Curran recently wrote "While we all wait for a vaccine, Nassau County's strategy is simple: keep the virus under control so schools and businesses can stay open and thrive again.
So far, our strategy is working. "
We will continue to monitor the situation and when we know it is safe for everyone we will start to have meetings, trainings and move the CERT program forward again. Hopefully for the start of the New Year.

If you were unable to register for the FEMA webinar training " You Are the Help Until Help Arrives" held on, October 29, there is another training on Thursday November 5, 2020 from 5:00 PM – 6:30 PM ET Link to register :
https://fema.connectsolutions.com/uhanov/event/registration.html

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

Have a Happy Thanksgiving

Stay Safe and Stay Healthy

Bob, Rick & Paul

We would like to congratulate Sasha Young, CERT Division 2 member, and her team for there recent life saving actions.

The following article was written in the local newspaper.

LI HERALD.COM
FIVE TOWNS

Five Towns Community Center volunteers help save heart attack victim

Sasha Young, right, who has been helping to feed the community during the pandemic used her skills to help save a heart attack victim on Oct. 7. On the left is Syd Mandelbaum.

Sasha sent a message to CERT leadership "Hi. I just wanted to thank you guys for the amazing CPR training I received thru you guys!! It was instrumental in saving the life of a woman that comes to our food pantry. Thank you "

By Jeff Bessen

Nearly a year after being struck by car outside her Inwood home on Oct. 18, Sasha Young, who heads Gammy's Pantry inside the Five Towns Community Center in Lawrence and some teenagers who volunteer at the Community Center helped to save a woman's life on Oct. 7.

Outside the center in the parking lot between 3:30 and 4 p.m., the woman who regularly comes for the food available through Gammy's Pantry and Long Island Cares, was unable to speak, Young said.

"I turned over Long Island Cares to the kids and ran out," she said. "After a few minutes she had a heart attack and went unconscious. I started CPR with the kids from the pantry assisting. After few sets, which seemed like forever, she began to vomit. Then unresponsive again. Continued CPR. Got a heart rate again." The kids are the teenaged volunteers.

Young said that her daughter Alexandra Acost held the woman's head to comfort her. Angel Bran got a chair and along with Jonathan Folds helped her to the ground. Alexis Acosta, also Young's daughter, and Edwin Rodriguez worked the pantry.

"It was teamwork in its finest," Young said. "It's always how the dream works, but this time it save a life!"

Emergency medical personnel from the Lawrence-Cedarhurst Fire Department arrived and confirmed the woman suffered a heart attack. Using a defibrillator, they revived her and took her to St. John's Episcopal Hospital in Far Rockaway.

"Unfortunately, I lost both of my grandfathers to heart attacks," Young said, fortunately all of the CERT and CPR classes over the years paid off." CERT is the community emergency response team program that teaches volunteers disaster preparedness skills. CPR is cardio pulmonary resuscitation.

Recently a tribute was done in honor and memory of Morty Press, past Division 2 supervisor who joined CERT in 2005.

Through the Jewish National Fund, which is an Israeli organization that plants trees in Israel to improve the ecology, an orchard of trees has been planted. Trees are planted in Israel where they are most needed and in areas that are most conducive to their growth based on environmental research and geographical need. Currently, areas of focus are in two locations: the Carmel Forest and the Negev Desert. A variety of tree species indigenous to the Middle East such as native oaks, carob, redbud, almond, pear, hawthorn, cypress and the exotic Atlantic cedar are planted.

It is based on the verse in Leviticus 19: 2-3,

" When you shall come to the land you shall plant trees."

The plaque itself reads,

"**An Orchard of Ten Trees Has Been Planted in Memory of Morty Press**

We will always remember your Compassion for service of humanity.

May this serve as a living tribute to his memory".

signed--Judy Ryan, Div. 2 Leader, Nassau County CERT."

Radio Amateur Civil Emergency Services

(RACES)

RACES / CERT Comms Group SITREP

November 2020

We are working on virtual and social distancing trainings to be implemented in 2021. It has also been decided that it is time to re-start our monthly meetings. The meeting date will be moving from the third Monday of the month to the first Thursday of the month starting in November. All the meetings for the foreseeable future will be vital meetings via Zoom. During the November meeting we will welcome back the membership, brief them on what we have been doing during this pandemic and hopefully prepare everyone for the new normal.

Please join us on Thursday November 5th at 19:30 hours from any computer, tablet, or smartphone by clicking on https://zoom.us/j/95928146234

Or, for audio only, you may dial by phone: 646-876-9923 and enter Meeting ID: 959 2814 6234 #

73

Robert Long

Robert Long KC2PSN
RACES Chief Radio Officer

NOTE: We are starting the process of updating/ changing our portable radios. If you have a portable radio that was issued by OEM , please send the model # and serial # to OEMCERT@nassaucountyny.gov

Thank you

Virtual Overdose Prevention with Naloxone/Narcan Training

LAURA CURRAN
NASSAU COUNTY EXECUTIVE

CAROLYN McCUMMINGS, MPH, PHD
COMMISSIONER, NASSAU COUNTY
DEPARTMENT OF HUMAN SERVICES

HELP SAVE THE LIFE
OF A LOVED ONE!

LEARN:

- **The signs of an opiate overdose;**
- **How to reverse an opiate overdose;**
- **About new treatment approaches.**

Every day, at least one Long Islander dies from an opiate overdose. And those are only the ones we know of - the ones directly caused by Heroin or prescription painkillers such as Percocet or Oxycodone.

About 7 out of 10, died at home.

Overdoses can happen to anyone. We will give you for FREE, the overdose reversal agent, Naloxone - and we'll show you how and when to use it. We'll also tell you about Nassau's newest and effective treatment

approaches – including injectable, extended-release Naltrexone; and integrated care.

DON'T MISS A CHANCE TO SAVE A LIFE.

THURSDAY, DECEMBER 3, 2020
From 11:00am To 12:30pm

This will be a virtual training through ZOOM.

Please RSVP by November 19, 2020 via:

www.nassaucountyny.gov/overdosetraining

Event Capacity is Fifty and registration will close once maximum capacity is reached.

REGISTER

REGISTER

Narcan Kits will be available for Contactless pick up

@ 60 Charles Lindbergh Blvd, Uniondale, NY 11553 on

Monday December 7 between 2-4pm

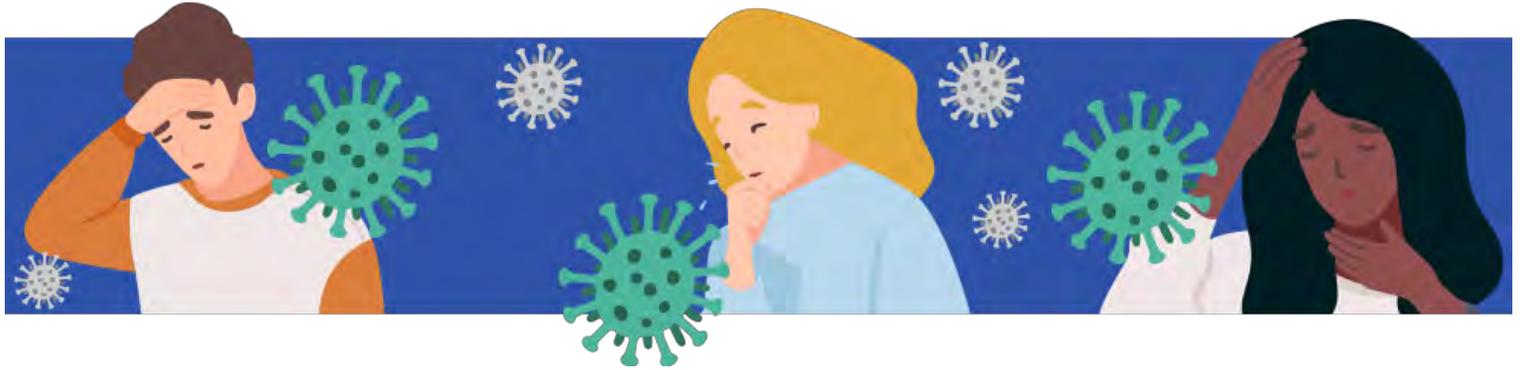**and Wednesday December 9 between 10-12noon**

Please log on timely.   **REGISTER**

We will be covering NYS mandated slides in order to receive a kit.

Similarities and Differences between Flu and COVID-19

What is the difference between Influenza (Flu) and COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses.

There are some key differences between flu and COVID-19. COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. It can also take longer before people show symptoms and people can be contagious for longer. Another important difference is there is a vaccine to protect against flu. There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus. More information about differences between flu and COVID-19 is available in the different sections below.

Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it. This page compares COVID-19 and flu, given the best available information to date.

Signs and Symptoms

SIMILARITIES:

Both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. Common symptoms that COVID-19 and flu share include:

- Fever or feeling feverish/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Some people may have vomiting and diarrhea, though this is more common in children than adults

DIFFERENCES:

Flu

Flu viruses can cause mild to severe illness, including common signs and symptoms listed above.

COVID-19

COVID-19 seems to cause more serious illnesses in some people. Other signs and symptoms of COVID-19, different from flu, may include change in or loss of taste or smell.

How long symptoms appear after exposure and infection

SIMILARITIES:
For both COVID-19 and flu, 1 or more days can pass between a person becoming infected and when he or she starts to experience illness symptoms.

DIFFERENCES:
If a person has COVID-19, it could take them longer to develop symptoms than if they had flu.
Flu

Typically, a person develops symptoms anywhere from **1 to 4 days after infection**.

COVID-19

Typically, a person develops symptoms **5 days after being infected**, but symptoms can appear **as early as 2 days after infection** or **as late as 14 days after infection**, and the time range can vary.

How long someone can spread the virus

SIMILARITIES:
For both COVID-19 and flu, it's possible to spread the virus for at least 1 day before experiencing any symptoms.

DIFFERENCES:
If a person has COVID-19, they may be contagious for a longer period of time than if they had flu.

Flu

Most people with flu are contagious for about 1 day before they show symptoms.

Older children and adults with flu appear to be most contagious during the initial 3-4 days of their illness but many remain contagious for about 7 days.

Infants and people with weakened immune systems can be contagious for even longer.

COVID-19

How long someone can spread the virus that causes COVID-19 is still under investigation.

It's possible for people to spread the virus for about 2 days before experiencing signs or symptoms and remain contagious for at least 10 days after signs or symptoms first appeared. If someone is asymptomatic or their symptoms go away, it's possible to remain contagious for at least 10 days after testing positive for COVID-19.

How it Spreads

SIMILARITIES:
Both COVID-19 and flu can spread from person-to-person, between people who are in close contact with one another (within about 6 feet). Both are spread mainly by droplets made when people with the illness (COVID-19 or flu) cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It may be possible that a person can get infected by physical human contact (e.g. shaking hands) or by touching a surface or object that has virus on it and then touching his or her own mouth, nose, or possibly their eyes.

Both flu virus and the virus that causes COVID-19 may be spread to others by people before they begin showing symptoms, with very mild symptoms or who never developed symptoms (asymptomatic).

DIFFERENCES:
While COVID-19 and flu viruses are thought to spread in similar ways, COVID-19 is more contagious among certain populations and age groups than flu. Also, COVID-19 has been observed to have more superspreading events than flu. This means the virus that causes COVID-19 can quickly and easily spread to a lot of people and result in continuous spreading among people as time progresses.

People at High-Risk for Severe Illness

SIMILARITIES:
Both COVID-19 and flu illness can result in severe illness and complications. Those at highest risk include:

- Older adults
- People with certain underlying medical conditions
- Pregnant People

Differences:

The risk of complications for healthy children is higher for flu compared to COVID-19. **However, infants and children with underlying medical conditions are at increased risk for both flu and COVID-19**.

Flu

Young children are at higher risk of severe illness from flu.

COVID-19

School-aged children infected with COVID-19 are at higher risk of Multisystem Inflammatory Syndrome in Children (MIS-C), a rare but severe complication of COVID-19.

Complications

SIMILARITIES:
Both COVID-19 and flu can result in complications, including:

- Pneumonia
- Respiratory failure
- Acute respiratory distress syndrome (i.e. fluid in lungs)
- Sepsis
- Cardiac injury (e.g. heart attacks and stroke)
- Multiple-organ failure (respiratory failure, kidney failure, shock)
- Worsening of chronic medical conditions (involving the lungs, heart, nervous system or diabetes)
- Inflammation of the heart, brain or muscle tissues
- Secondary bacterial infections (i.e. infections that occur in people who have already been infected with flu or COVID-19)

DIFFERENCES:
Flu

Most people who get flu will recover in a few days to less than two weeks, but some people will develop complications, some of these complications are listed above.

COVID-19

Additional complications associated with COVID-19 can include:

- Blood clots in the veins and arteries of the lungs, heart, legs or brain
- Multisystem Inflammatory Syndrome in Children (MIS-C)

Approved Treatments

SIMILARITIES:
People at high-risk of complications or who have been hospitalized for **COVID-19 or flu** should receive supportive medical care to help relieve symptoms and complications.

DIFFERENCES:
Flu

Prescription influenza antiviral drugs are FDA-approved to treat flu.

People who are hospitalized with flu or at high-risk of flu complications with flu symptoms are recommended to be treated with antiviral drugs as soon as possible.

COVID-19

The National Institutes of Health (NIH) has developed guidance on treatment of COVID-19, which will be regularly updated as new evidence on treatment options emerges.

While remdesivir is an antiviral agent that is being explored as a treatment for COVID-19 and is available under an Emergency Use Authorization (EUA), there are currently no drugs or other therapeutics approved by the Food and Drug Administration (FDA) to prevent or treat COVID-19. Studies are in progress to learn more.

Vaccine

SIMILARITIES:
Vaccines for **COVID-19 and flu** must be approved or authorized for emergency use (EUA) by the FDA.

DIFFERENCES:
Flu

There are multiple FDA-licensed influenza vaccines produced annually to protect against the 3 or 4 flu viruses that scientists anticipate will circulate each year.

COVID-19

Currently there is no vaccine to prevent COVID-19. Vaccine developers and other researchers and manufacturers are expediting the development of a vaccine to prevent COVID-19.
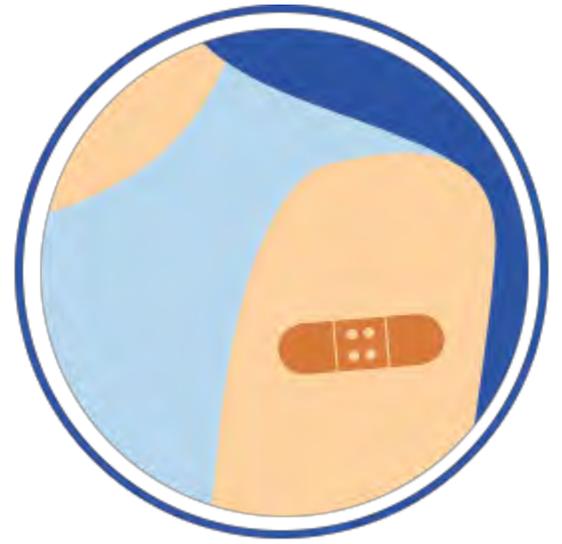
The Most Dangerous Time to Drive

As we 'Fall Back' to Shorter Days, Take Extra Care on the Road

Shorter days, fatigue, compromised night vision, rush hour and impaired drivers are some of the risks we face when driving at night. These risks become especially pronounced moving into the weekend, with **fatal crashes peaking on Saturday nights,** according to NSC analysis of NHTSA data.

When Daylight Saving Time ends – for 2019, that's 2 a.m. Sunday, Nov. 3 – many people will find themselves spending more time driving in the dark. Depth perception, color recognition and peripheral vision can be compromised in the dark, and the glare of head-lights from an oncoming vehicle can temporarily blind a driver.

Even with high-beam headlights on, visibility is limited to about 500 feet (250 feet for normal head-lights) creating less time to react to something in the road, especially when driving at higher speeds.

What should you do to combat darkness?

<u>Aim your headlights correctly,</u> and make sure they're clean

- Dim your dashboard
- Look away from oncoming lights
- If you wear glasses, make sure they're anti-reflective
- Clean the windshield to eliminate streaks

Compromised Night Vision

Night vision is the ability to see well in low-light conditions. As we age, we have greater difficulty seeing at night. A 50-year-old driver may need twice as much light to see as well as a 30-year-old. At age 60 and older, driving can become even more difficult, according to the American Optometric Association. Some older drivers also may have compromised vision due to cataracts and degenerative eye diseases.

The AOA recommends older drivers:

- Have annual vision exams

- Reduce speed

- Take a driving course; even experienced drivers can benefit from a refresher course, and some of the rules have probably changed

- Minimize distractions, like talking with passengers or listening to the radio

- Check with your doctor about side effects of prescription drugs

Fatigue

A National Sleep Foundation poll says 60% of adults have driven while they were tired, and another 37%, or 103 million people, have fallen asleep at the wheel. Of those, 13% say they fall asleep while driving at least once a month, and 4% say they have caused a crash by falling asleep while driving. The reasons are many – shift work, lack of quality sleep, long work hours, sleep disorders – and it doesn't only happen on lengthy trips.

These staggering numbers are backed up by a report by NHTSA that 100,000 police-reported crashes are a result of driver fatigue. Most crashes or near-misses happen at the times you would expect drivers to be tired: 4 to 6 a.m., midnight to 2 a.m. and 2 to 4 p.m., according to NSF.

Drowsy driving puts everyone on the road at risk. Losing two hours of sleep has the same effect on driving as having three beers, and tired drivers are three times more likely to be in a car crash if they are fatigued.

The National Sleep Foundation offers this advice:

- Get seven or more hours of sleep a night

- Don't drive if you've been awake for 16 hours or more

- Stop every two hours to rest

- Pull over and take a nap if you're drowsy

- Travel during times you are normally awake

Rush Hour

Evening rush hour (between 4 and 7 p.m. weekdays) is a dangerous time to drive due to crowded roadways and drivers eager to get home after work. In winter, it's dark during rush hour, compounding an already dangerous driving situation.

How can you make it home safely during rush hour?

- Don't be an impatient driver; slow down
- Stay in your lane and beware of drivers who dart from lane to lane
- Even though the route may be familiar, don't go on autopilot; stay alert
- In unfamiliar areas, consult a map before you go and memorize your route
- Don't touch your phone, eat, drink or do other things that are distracting

Impaired Drivers

Nearly 30 people die every day in crashes that involve a driver impaired by alcohol, according to the Centers for Disease Control and Prevention. Drivers impaired by prescription medicines and other drugs increase that number significantly. Impaired drivers are most frequently on the road after dark – particularly between the hours of midnight and 3 a.m. on weekends.

While drunk driving has declined by about one-third since 2007, the number of drivers under the influence of drugs has increased. Between 2013 and 2014, 22% of drivers tested positive for a drug that would cause impairment, according to a roadside survey conducted by the National Highway Traffic Safety Administration. NHTSA also found that the prevalence of THC (found in marijuana) among drivers on weekend nights increased 48% since 2007, from 8.6% of drivers to 12.6%. Many states have not yet updated their impaired driving laws to address this growing problem.

Stay Alert, Stay Alive

While we do only one quarter of our driving at night, 50% of traffic deaths happen at night. It doesn't matter whether the road is familiar or not, driving at night is always more dangerous. More than 40,000 people were killed in car crashes in 2016, according to *Injury Facts*. By taking some extra precautions, we can all contribute to reducing these numbers.

November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FALL BACK	2	ELECTION DAY	4	5 RACES Meeting 7:30pm (ZOOM)	6	7
8	9	10	11 Veterans Day Honoring All Who Served	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Not Just On	27	28
29	30					

Important CERT Dates

RACES Meeting

November 5th

ZOOM Meeting

Time: 7:30 pm

Meeting Information

computer, tablet, or smartphone
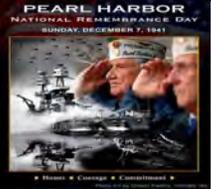
https://zoom.us/j/95928146234

Audio only

646-876-9923 and enter **Meeting ID: 959 2814 6234 #**

December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 RACES Meeting 7:30pm (ZOOM)	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Important CERT Dates

RACES Meeting

December 3rd

Time: 7:30 pm

Meeting Information

Nassau County CERT Coordinator

Bob Chiz & Rick Delucia

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CERT Deputy Director

Paul Shapiro

pshapiro@nassaucountyny.gov

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