



# CERT



## NASSAU COUNTY



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## *CERT Monthly Newsletter*

MARCH 2021

**CERT IS  
WHAT  
YOU  
MAKE IT**



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

**Dear Members,**

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

**Soon the season will be changing, we will begin preparing for Spring and in a few weeks sunrise and sunset will be about 1 hour later than the day before. Also this year due to the ongoing coronavirus pandemic, you may not be able to participate in traditional St. Patrick's Day activities or parades. But you can still pay tribute to the Irish traditions by taking time to make sure you've taken steps to prepare for disasters. No one should rely on luck when it comes to being prepared for disasters and emergencies. Don't leave disaster prep to chance.**

**This month Division 1 will be having a meeting on Wednesday, March 3, via ZOOM, details will be forwarded. RACES has been holding a meeting Thursday, March 4, details for that meeting can be found in this newsletter. All are invited to participate.**

**We are all hope full that we will soon be able to get together and start having in person meetings, trainings, etc and move the CERT program forward again.**

*Stay Safe and Stay Healthy*

*Bob, Rick & Paul*



## Phased Distribution of the Vaccine

### Beginning February 15, 2021:

New Yorkers age 16 and older with the following conditions qualify for the vaccine:

- Cancer (current or in remission, including 9/11-related cancers)
- Chronic kidney disease
- Pulmonary Disease, including but not limited to, COPD (chronic obstructive pulmonary disease), asthma (moderate-to-severe), pulmonary fibrosis, cystic fibrosis, and 9/11 related pulmonary diseases
- Intellectual and Developmental Disabilities including Down Syndrome
- Heart conditions, including but not limited to heart failure, coronary artery disease, cardiomyopathies, or hypertension (high blood pressure)
- Immunocompromised state (weakened immune system) including but not limited to solid organ transplant or from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, use of other immune weakening medicines, or other causes
- Severe Obesity (BMI 40 kg/m<sup>2</sup>), Obesity (body mass index [BMI] of 30 kg/m<sup>2</sup> or higher but < 40 kg/m<sup>2</sup>)
- Pregnancy
- Sickle cell disease or Thalassemia
- Type 1 or 2 diabetes mellitus
- Cerebrovascular disease (affects blood vessels and blood supply to the brain)
- Neurologic conditions including but not limited to Alzheimer's Disease or dementia
- Liver disease

The list is subject to change as additional scientific evidence is published and as New York State obtains and analyzes additional state-specific data.



# Radio Amateur Civil Emergency Services

## (RACES)

### RACES / CERT Comms Group SITREP

### March 2021



RACES is now holding meetings on the first Thursday of the month. The next meeting is Thursday, March 4.

All the meetings for the foreseeable future will be vital meetings via Zoom.

Anyone wishing to attend can Join from any computer, tablet, or smartphone by entering:

<https://zoom.us/j/95928146234> in your browser.

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

Any questions you can contact us at [nassaucountyny.races@gmail.com](mailto:nassaucountyny.races@gmail.com)

ALSO, HRU (ham Radio University) will be held on Saturday January 9, 2021 This will be a virtual event, for more information go to: <http://hamradiouniversity.org/>

# Spring Forward and Review Your Safety Checklist

## Time to Change the Clocks

Daylight Saving Time begins every year on the second Sunday in March. We "lose" an hour when the clocks are set forward (except in Hawaii and most of Arizona), and for many, that means a tired couple of days as our bodies adjust. The consequences of fatigue can be serious, so plan accordingly.

Daylight Saving Time, which in 2021 begins Sunday, March 14, means it's also a good time to review your spring safety checklist.



## Smoke Alarms

Three out of every five home fire deaths result from fires in homes with no smoke alarms, according to the National Fire Protection Association. Test your smoke alarms every month and replace the battery at least once a year. If the alarm makes a "chirping" sound, replace the battery immediately.

Smoke alarms should be in every bedroom and in the common areas on each floor of a home. Mount them at least 10 feet from the stove to reduce false alarms, less than 12 inches from the ceiling and away from windows, doors and ducts.

Smoke alarms can be interconnected wirelessly. That means, when one sounds, they all sound. A Consumer Product Safety Commission survey found this is the best way to notify everyone in a home if there is a fire. Be sure to purchase smoke alarms with the label of a reputable testing agency, like Underwriters Laboratories (UL).

## Carbon Monoxide Detectors

Anything that burns fuel can potentially become a source of carbon monoxide, an invisible, odorless gas that can kill. CO alarms should be installed in a central location outside each bedroom and on every level of the home. The safety tips for CO detectors mirror those of smoke alarms: change the batteries, test them and interconnect them, if possible. Also, make sure vents for your gas appliances (fireplace, dryer, stove and furnace) are free and clear of snow or debris.

## Family Emergency Plan

The National Safety Council recommends every family have an emergency plan in place in the event of a natural disaster or other catastrophic event. Spring is a great time to review that plan with family members. Have a home and car emergency kit. The Federal Emergency Management Agency says an emergency kit should include one gallon of water per day for each person, at least a seven-day supply of food, flashlight and batteries, first aid kit, filter mask, plastic sheeting and duct tape, and medicines. Visit the FEMA website for a complete list. The emergency plan also should include:

- A communications plan to outline how your family members will contact one another and where to meet if it's safe to go outside
- A shelter-in-place plan if outside air is contaminated; FEMA recommends sealing windows, doors and air vents with plastic sheeting
- A getaway plan including various routes and destinations in different directions

Also, make sure your first aid kit is updated.

## Get Rid of Unwanted Medicines

NSC recommends you take unwanted or expired medicines to a prescription drop box or take-back event near you. NSC offers free Stericycle Seal & Send envelopes, so you can send your unwanted medication to be safely destroyed.

## Getting the Urge to Clean?

With the warm weather comes a desire to shine and polish your home. But when warning labels are ignored or chemicals fall into the wrong hands, disaster can occur. Learn what you can do to keep you family safe around poisons in the home.



## Window Safety

With warmer temperatures arriving, it's important to practice window safety – especially in homes with young children.



# Weather Hazards

## Snow Melt

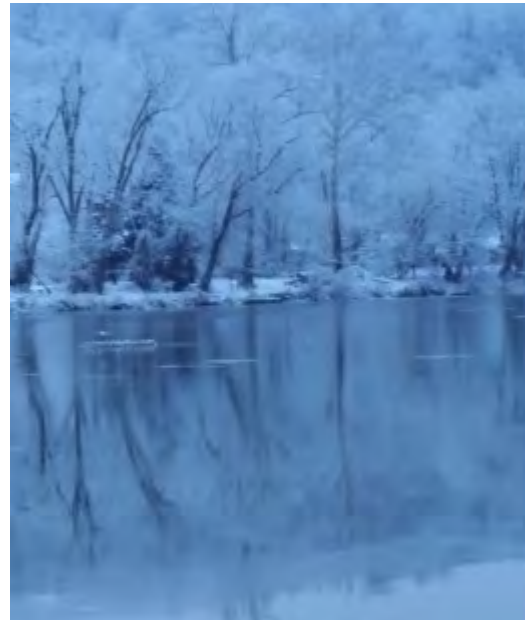
- ◆ Water stored in the snowpack goes into rivers when the snow melts in spring
- ◆ Spring flooding can affect large river basins
- ◆ Never drive through flood waters and obey road signs

## Ice Jams



- ◆ Ice jam flooding occurs when chunks of ice build up and prevent water from flowing downstream
- ◆ This can lead to rapid rises upstream from the ice jam
- ◆ Never drive through flood waters

## Flooding

- ◆ Flooding can be caused by snow melt, ice jams, and heavy rain
- ◆ More than half of all flood fatalities are vehicle-related
- ◆ Never drive into flooded roadways, or around barricades



# March 2021

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

## **Important CERT Dates**

### **Division I Meeting**

March 3

ZOOM

Time: 7:30 pm

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### **RACES Meeting**

March 4

ZOOM

Time: 7:30 pm

# April 2021

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

## **Important CERT Dates**

### **RACES Meeting**

April 1

ZOOM

Time: 7:30 pm

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## **Nassau County CERT Coordinator**

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## **CERT Deputy Director**

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### **CERT Section Chiefs**

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

#### **Division 1**

Division Supervisor

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#### **Division 2**

Division Supervisor

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