



# CERT



## NASSAU COUNTY



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**CERT IS  
WHAT  
YOU  
MAKE IT**



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

## *CERT Monthly Newsletter*

**APRIL 2021**

Dear Members,

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

We begin this newsletter with the sad news of the passing of community activist, volunteer, environmentalist and CERT Division 1 member, John Budnick. We will keep him and his family in our thoughts and prayers.

As communities and businesses are opening, we will begin planning to resume some CERT activities. We will do this as safely as possible, maintain social distancing, wear mask and follow established protocols. We have scheduled a CERT Officers meeting for early April 8 .

We know many have heard the announcement that the 2021 Bethpage Air Show officially will take place this Memorial Day weekend, Saturday, May 29, and Sunday, May 30. Safety is the top priority, so they will be limiting capacity to ensure social distancing, reducing the number of vendors, reducing displays and limiting boardwalk activities. No final decision has been made with regards to CERT participation . When a decision is made we will notify everyone.

*Stay Safe and Stay Healthy*

*Bob, Rick & Paul*



## When You've Been Fully Vaccinated

How to Protect Yourself and Others

COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

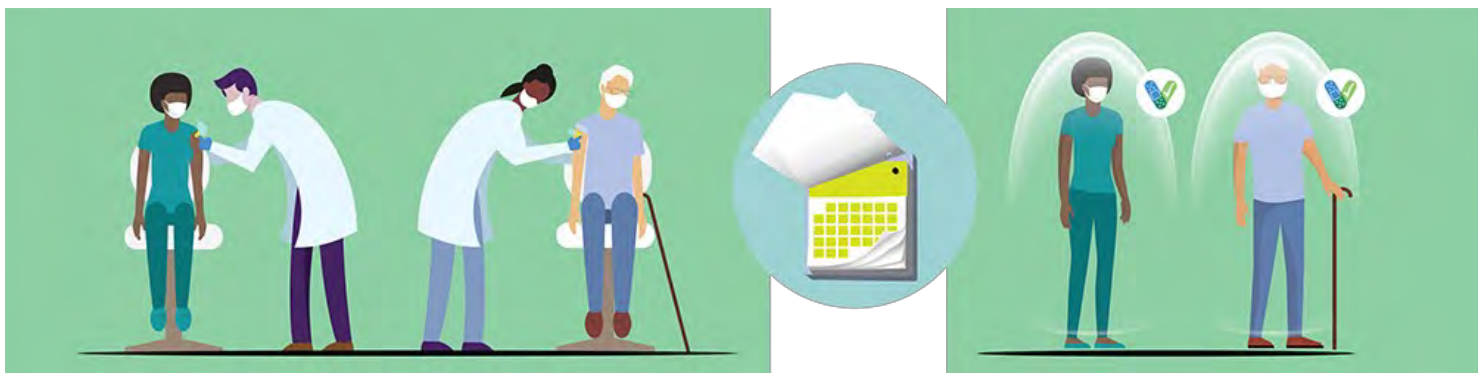
We're still learning how vaccines will affect the spread of COVID-19. After you've been fully vaccinated against COVID-19, you should keep taking precautions in public places like wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces until we know more.

### Have You Been Fully Vaccinated?

People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

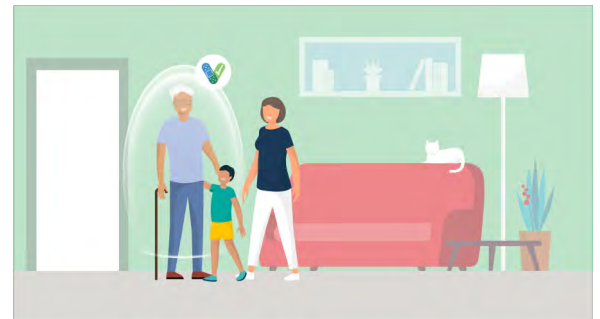
If it has been less than 2 weeks since your 1-dose shot, or if you still need to get your second dose of a 2-dose vaccine, you are NOT fully protected. Keep taking all prevention steps until you are fully vaccinated.



## What's Changed

If you've been fully vaccinated:

- You can gather indoors with fully vaccinated people without wearing a mask.
- You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
- However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.



## What Hasn't Changed

For now, if you've been fully vaccinated:

You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:

- In public
- Gathering with unvaccinated people from more than one other household
- Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk
- You should still avoid medium or large-sized gatherings.
- You should still delay domestic and international travel. If you do travel, you'll still need to follow CDC requirements and recommendations.
- You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow guidance at your workplace.

## What We Know and What We're Still Learning

- **We know** that COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.
- **We're still learning** how effective the vaccines are against variants of the virus that causes COVID-19. Early data show the vaccines may work against some variants but could be less effective against others.
- **We know** that other prevention steps help stop the spread of COVID-19, and that these steps are still important, even as vaccines are being distributed.
- **We're still learning** how well COVID-19 vaccines keep people from spreading the disease.
- Early data show that the vaccines may help keep people from spreading COVID-19, but we are learning more as more people get vaccinated.
- We're still learning **how long** COVID-19 vaccines can protect people.



# Frequently Asked Questions about the COVID-19 Vaccine

## 1 Why should I get vaccinated for COVID-19?

COVID-19 can cause serious illness or even death. There is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you. All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing COVID-19 disease. Even if you still get infected after you get vaccinated, the vaccine may prevent serious illness.



## 2 Can the vaccine give me COVID-19?

No, the vaccine does not cause COVID-19. None of the approved COVID-19 vaccines contain the virus that causes COVID-19. It does take a few weeks after vaccination for your body to build up antibodies to protect you from the virus. That means it's possible you could be infected with the virus that causes COVID-19 just before or just after getting the vaccine and still get sick.

## 3 Will the shot hurt or make me sick?

Some people might get sore muscles, feel tired, or have mild fever after getting the vaccine. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a few days. If you have any concerns, call your doctor or nurse.

## 4 Why do I need two COVID-19 shots?

Some COVID-19 vaccines need two shots. The first shot gets your body ready. If you are told you need two shots, make sure that you get your second shot at the time you are told, to make sure you have full protection.

## 5 Should I get vaccinated if I already had COVID-19?

Yes, you should still be vaccinated because you can become infected more than once. Although you may have some short-term natural protection (known as immunity) after recovering from COVID-19, we don't know how long this protection will last. Vaccination is the best protection, and it is safe. People who get COVID-19 can have serious illnesses, and some have terrible symptoms that continue for months. If you have had COVID-19, ask your doctor, nurse, or clinic when you should be vaccinated.

## 6 When will I be able to get the vaccine?

Although CDC makes recommendations for who should be offered COVID-19 vaccine first, each state has its own plan for deciding who will be vaccinated first and how they can receive vaccines. Please contact your local health department (<https://www.cdc.gov/publichealthgateway/healthdirectories/index.html>) for more information on COVID-19 vaccination in your area.

## 7 Do I have to pay for the vaccine?

No. The federal government is providing the vaccine free of charge to all people living in the United States.

## 8 Do I still need to wear a mask and socially distance after getting the vaccine?

Yes. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to us to help stop this pandemic, like wearing a mask over your nose and mouth, washing your hands often, and staying at least 6 feet away from people who don't live with you. Together, COVID-19 vaccination and following CDC's recommendations for how to protect yourself and others (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>) will offer the best protection from getting and spreading COVID-19.



[www.cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)



# 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, April 1.

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)

# April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 RACES Meeting 7:30pm (ZOOM)	2	3
	5	6	7	8 CERT Officers Meeting	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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Officers Meeting

April 8

Time: 7:30 pm



# May 2021

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

## Important CERT Dates

### RACES Meeting

May 4

Time: 7:30 pm

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**Paul Shapiro**

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**Jeffrey Sliva**

Operations

**David Sobolow**

Planning

Admin/Finance

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