



CERT



NASSAU COUNTY



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CERT Monthly Newsletter

MAY 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.

As we begin planning to resume some CERT activities, we have scheduled a CERT Division 1 meeting for Wednesday, June 2 and CERT Division 2 meeting for Wednesday, June 30. Details will be sent when plans are finalized . We will do this as safely as possible, maintain social distancing, wear mask and follow established protocols.

The Bethpage Air Show will take place this Memorial Day weekend. With Safety as the top priority, they are limiting capacity to ensure social distancing, and no displays or boardwalk activities will be taking place. This means we will not be participating as CERT.

We would like to extend our best wishes to all mothers and grandmothers for a Happy and Safe Mothers Day

Stay Safe and Stay Healthy

Bob, Rick & Paul



Summary of Recent Changes

Updates as of April 27, 2021

- Guiding principles for fully vaccinated people are now provided.
- Underscores that immunocompromised people need to consult their healthcare provider about these recommendations, even if fully vaccinated.
- Fully vaccinated people no longer need to wear a mask outdoors, except in certain crowded settings and venues.
- Clarification that fully vaccinated workers no longer need to be restricted from work following an exposure as long as they are asymptomatic.
- Fully vaccinated residents of non-healthcare congregate settings no longer need to quarantine following a known exposure.
- Fully vaccinated asymptomatic people without an exposure may be exempted from routine screening testing, if feasible.

Fully vaccinated people can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing
- Visit with unvaccinated people (including children) from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing
- Participate in outdoor activities and recreation without a mask, except in certain crowded settings and venues
- Resume domestic travel and refrain from testing before or after travel or self-quarantine after travel
- Refrain from testing before leaving the United States for international travel (unless required by the destination) and refrain from self-quarantine after arriving back in the United States
- Refrain from testing following a known exposure, if asymptomatic, with some exceptions for specific settings

For now, fully vaccinated people should continue to:

- Take precautions in indoor public settings like wearing a well-fitted mask
- Wear well-fitted masks when visiting indoors with unvaccinated people who are at increased risk for severe COVID-19 disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease
- Wear well-fitted masks when visiting indoors with unvaccinated people from multiple households
- Avoid indoor large-sized in-person gatherings
- Get tested if experiencing COVID-19 symptoms
- Follow guidance issued by individual employers
- Follow CDC and health department travel requirements and recommendations



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 you don't meet these requirements, you are NOT fully vaccinated. Keep taking all [precautions](#) until you are fully vaccinated.

If you have a condition or are taking medication that weakens your immune system, you may NOT be fully protected even if you are fully vaccinated. Talk to your healthcare provider. Even after vaccination, you may need to continue taking all [precautions](#).



Choosing Safer Activities

	Unvaccinated People	Your Activity	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, roll, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
		Dine at an outdoor restaurant with friends from multiple households	
		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		Indoor	
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Ride public transport with limited occupancy	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

Safest



Hurricane Preparedness Week is May 9-15, 2021.

Be ready for hurricane season. Today you can determine your personal hurricane risk, find out if you live in a hurricane evacuation zone, and review/update insurance policies. You can also make a list of items to replenish hurricane emergency supplies and start thinking about how you will prepare your home for the coming hurricane season. If you live in hurricane-prone areas, you are encouraged to complete these simple preparations before hurricane season begins on June 1. Keep in mind, you may need to adjust any preparedness actions based on the latest health and safety guidelines from the CDC and your local officials.

Being prepared before a hurricane threatens makes you resilient to the hurricane impacts of wind and water. It will mean the difference between being a hurricane victim or a hurricane survivor.



Hurricane Preparedness **DETERMINE YOUR RISK**



Hurricanes bring many hazards to U.S. coastlines and inland areas, including storm surge along the coast, inland flooding due to heavy rainfall, tornadoes, strong wind, rip currents and large waves.



Storm surge



Strong winds



Tornadoes



Inland flooding



Rip currents

weather.gov/hurricane



Find out today what types of wind and water hazards could happen where you live, and then start preparing how to handle them. Hurricanes are not just a coastal problem. Their impacts can be felt hundreds of miles inland, and significant impacts can occur without it being a major hurricane.

The first thing you need to do is find out if you live in a hurricane evacuation zone. If you do, now is the time to begin planning where you would go and how you would get there. You do not need to travel hundreds of miles, but have multiple options. Your destination could be a friend or relative who doesn't live in an evacuation zone. If you live in a well-built home outside the evacuation zone, your safest place may be to remain home.

Hurricane Preparedness **DEVELOP AN EVACUATION PLAN**



Find out today if you live in a hurricane evacuation zone and identify trusted sources for receiving evacuation orders. Plan for multiple options on where to go and how to get there. Have a go bag for supplies and a plan for your pets. Be prepared to leave immediately if ordered to evacuate.

- Find out if you live in an evacuation zone
- Plan several routes
- Have a go bag for supplies
- Plan for your pets
- Follow evacuation orders if given

weather.gov/hurricane



Be sure to account for your pets in your plan. As hurricane season approaches, listen to local officials on questions related to how you may need to adjust any evacuation plans based on the latest health and safety guidelines from the CDC and your local officials.



NATIONAL WEATHER SERVICE

NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION

You're going to need supplies not just to get through the storm but for the potentially lengthy and unpleasant aftermath. Have enough non-perishable food, water and medicine to last each person in your family a minimum of three days. Electricity and water could be out for at least that long. You'll need extra cash, a battery-powered radio and flashlights. You may need a portable crank or solar-powered USB charger for your cell phones.

Hurricane Preparedness
ASSEMBLE DISASTER SUPPLIES

Make a list of supplies and assemble them before hurricane season begins. Have enough food and water for each person for at least three days. Fill your prescriptions and have medicine on hand. Radios, batteries and phone chargers are also must-haves. Gas up your vehicle and have cash on hand.

- Food & water
- Medicine & prescriptions
- Keep gas tank full
- Radio, batteries, phone chargers
- Cash on hand

If you need to go to a public shelter, the CDC recommends bringing items that can help protect you and others from COVID-19, such as hand sanitizer with at least 60% alcohol, bar or liquid soap, disinfectant wipes (if available) and two masks for each person. (Children under two years old and people having trouble breathing should not wear face coverings.)

Hurricane Preparedness
GET AN INSURANCE CHECKUP

Check in with your insurance agency before hurricane season. Remember that flood insurance must be obtained separately. Prepare your home and vehicles according to your policy. Know where your insurance documents are located and take them with you if evacuating. Visit floodsmart.gov for more.

- Check with your agent
- Keep documents with you
- Know your policy
- Consider flood insurance

Call your insurance company or agent and ask for an insurance check-up to make sure you have enough homeowners insurance to repair or even replace your home. Don't forget coverage for your car or boat. Remember, standard homeowners insurance doesn't cover flooding. Whether you're a homeowner or renter, you'll need a separate policy for it, and it's available through your company, agent or the National Flood Insurance Program at floodsmart.gov. Act now as flood insurance requires a 30-day waiting period.



Hurricane Preparedness

STRENGTHEN YOUR HOME



There's a lot you can do around your home to help protect it from hurricane winds. Before hurricane season, trim trees on your property and get approved window coverings. Ahead of storms, collect loose outdoor items, secure all doors on your property, and find a safe location for your vehicle.

-  Check rooflines
-  Trim trees
-  Secure windows
-  Secure loose outdoor items
-  Move vehicle to a safe location

weather.gov/hurricane 

If you plan to ride out the storm in your home, make sure it is in good repair and up to local hurricane building code specifications. Many retrofits are not as costly or time consuming as you may think. Have the proper plywood, steel or aluminum panels to board up the windows and doors. Remember, the garage door is the most vulnerable part of the home, so it must be able to withstand the winds.

Many Americans rely on their neighbors after a disaster, but there are also many ways you can help your neighbors before a hurricane approaches. Learn about all the different actions you and your neighbors can take to prepare and recover from the hazards associated with hurricanes. Start the conversation now with these Neighbor Helping Neighbor strategies.

Hurricane Preparedness

HELP YOUR NEIGHBOR



Many people, especially senior citizens, rely on the assistance of neighbors before and after hurricanes. Help your neighbors collect the supplies they'll need before the storm. Assist them with evacuation if ordered to do so, or check on them after it's safe for you to head outside.

-  Help your neighbors prepare
-  Help your neighbors evacuate
-  Check in after the storm passes

weather.gov/hurricane 

Hurricane Preparedness

COMPLETE A WRITTEN PLAN



Writing down your hurricane plan will help you avoid mistakes during an emergency, and ensure everyone in your home is prepared for the storm. Have a list of essential contacts, including outside the potential impact area. Review and practice your plan with your family and friends.

-  Have a contact list (family, friends, doctor, vet, utilities)
-  Keep your important documents together for quick access
-  Have at least one contact outside of the impact area
-  Share your plan

weather.gov/hurricane 

The time to prepare for a hurricane is before the season begins, when you have the time and are not under pressure. If you wait until a hurricane is on your doorstep, the odds are that you will be under duress and will make the wrong decisions. Take the time now to write down your hurricane plan. Know who issues evacuation orders for your area, determine locations on where you will ride out the storm, and start to get your supplies now.

Action Steps for Sun Protection

While some exposure to sunlight can be enjoyable, too much can be dangerous. Overexposure to ultraviolet (UV) radiation from the sun can result in a painful sunburn. It can also lead to more serious health problems, including skin cancer, premature aging of the skin, cataracts and other eye damage, and immune system suppression. Children are particularly at risk. This fact sheet explains simple steps to protect yourself and your children from overexposure to UV radiation.

Be SunWise

Most people are not aware that skin cancer, while largely preventable, is the most common form of cancer in the United States. More than one million cases are reported annually. By following some simple steps, you can still enjoy your time in the sun and protect yourself from overexposure. The U.S. Environmental Protection Agency (EPA) recommends these action steps to help you and your family be "SunWise."



Do Not Burn

Sunburns significantly increase one's lifetime risk of developing skin cancer, especially for children.



Avoid Sun Tanning and Tanning Beds

UV light from tanning beds and the sun causes skin cancer and wrinkling.



Generously Apply Sunscreen

Generously apply sunscreen: about one ounce to cover all exposed skin 20 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 15 and provide protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.



Wear Protective Clothing

Wear protective clothing, such as a long-sleeved shirt, pants, a wide brimmed hat, and sunglasses, when possible.

SunWise
a program that radiates good ideas



Seek Shade

Seek shade when possible and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.



Use Extra Caution Near Water, Snow and Sand

Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.



Check the UV Index

The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and EPA. Visit www.epa.gov/sunwise/uvindex.html.



Get Vitamin D Safely

Get Vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D. Don't seek the sun.

Early detection of skin cancer can save your life. A new or changing mole should be evaluated by a dermatologist.

Special Considerations for Children

Recent medical research shows that it is important to protect children and young adults from overexposure to UV radiation. For babies under 6 months, the American Academy of Pediatrics recommends

(1) avoiding sun exposure, and (2) dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats. Parents can also apply sunscreen (SPF 15+) to small areas like the face and back of the hands if protective clothing and shade are not available.

EPA's SunWise Program

In response to the serious public health threat posed by overexposure to UV radiation, EPA is working with schools and communities across the nation through the SunWise Program. SunWise is an environmental and health education program that teaches children how to protect themselves from overexposure to the sun.

UV Index

Exposure Category	UVI Range
Low	< 2
Moderate	3 to 5
High	6 to 7
Very high	8 to 10
Extreme	11+

The UV Index forecasts the strength of the sun's harmful rays. The higher the number, the greater the chance of sun damage. Visit www.epa.gov/sunwise/uvindex.html.

For More Information

To learn more about UV radiation, the action steps for sun protection, and the SunWise Program, call EPA's Stratospheric Ozone Information Hotline at 800.296.1996, or visit our Web site at www.epa.gov/sunwise.



Radio Amateur Civil Emergency Services

(RACES)

RACES / CERT Comms Group SITREP

May 2021



RACES is now holding meetings on the first Thursday of the month. The next meeting is Thursday, May 6.

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


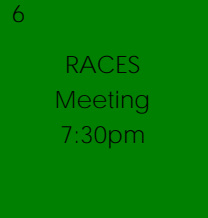


Anyone wishing to attend can Join from any computer, tablet, or smartphone by entering:

<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

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4			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



June 2021

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

Important CERT Dates

Division 1 Meeting

June 2
Time: 7:30 pm

RACES Meeting

June 3
Time: 7:30 pm

Division 2 Meeting

June 30
Time: 7:30 pm



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