



CERT



NASSAU COUNTY



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CERT Monthly Newsletter

JULY 2021

**CERT IS
WHAT
YOU
MAKE IT**



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

Dear Members,

On Wednesday, June 23 Governor Andrew M. Cuomo announced that New York will end the state disaster emergency declared on March 7, 2020 to fight COVID-19. Given New York's dramatic progress against COVID-19, with the success in vaccination rates, and declining hospitalization and positivity statewide the state of emergency will expire after Thursday, June 24.

However, As we resume activities, social gatherings, travel and the things we love to do we still must recognize that COVID-19 is still a very real threat. We must continue to do what we can and follow the recommended guidelines.

We would like to wish all our members and there families a safe, happy and healthy July 4 Holiday!

Stay Safe and Stay Healthy

Bob, Rick & Paul

Updated June 17, 2021

When You've Been Fully Vaccinated How to Protect Yourself and Others

- ◆ If you are fully vaccinated, you can resume activities that you did prior to the pandemic.
- ◆ Fully vaccinated people can resume activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.
- ◆ If you haven't been vaccinated yet, find a vaccine.



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 do things that they had stopped doing because of the pandemic.

These recommendations can help you make decisions about daily activities after you are fully vaccinated. They are *not* intended for healthcare settings.

Have You Been Fully Vaccinated?

In general, 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, regardless of your age, you are **NOT** fully vaccinated. Keep taking all precautions until you are fully vaccinated.

If you have a condition or are taking medications that weaken 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.



What You Can Do



If you've been fully vaccinated:

- You can resume activities that you did prior to the pandemic.
- You can resume activities without wearing a mask or staying 6 feet apart, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.
- If you travel in the United States, you do not need to get tested before or after travel or self-quarantine after travel.
- You need to pay close attention to the situation at your international destination before traveling outside the United States.
 - You do NOT need to get tested **before** leaving the United States unless your destination requires it.
You still need to show a negative test result or documentation of recovery from COVID-19 **before** boarding an international flight to the United States.
 - You should still get tested 3-5 days **after** international travel.
 - You do NOT need to self-quarantine **after** arriving in the United States.
- 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 or work in a correctional or detention facility or a homeless shelter and are around someone who has COVID-19, you should still get tested, even if you don't have symptoms.

What You Should Keep Doing



For now, if you've been fully vaccinated:

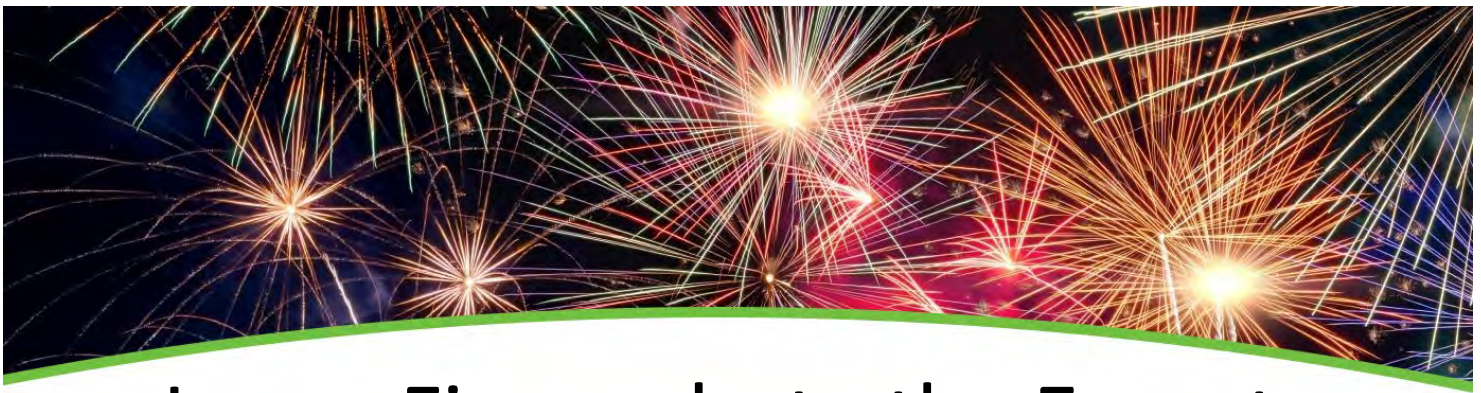
- You will still need to follow guidance at your workplace and local businesses.
- If you travel, you should still take steps to protect yourself and others.
- Masks are required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on a ferry or the top deck of a bus). CDC recommends that travelers who are not fully vaccinated continue to wear a mask and maintain physical distance when traveling.
- Fully vaccinated international travelers arriving in the United States are still required to get tested 3 days before travel by air into the United States (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip.
- 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.
- People who have a condition or are taking medications that weaken the immune system, should talk to their healthcare provider to discuss their activities. They may need to keep taking all precautions to prevent COVID-19.

What We Know

- COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.
- COVID-19 vaccines reduce the risk of people spreading COVID-19.

What 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.
- How well the vaccines protect people with weakened immune systems, including people who take immunosuppressive medications.
- How long COVID-19 vaccines can protect people.
As we know more, CDC will continue to update our recommendations for both vaccinated and unvaccinated people.



Leave Fireworks to the Experts

Summer is synonymous with barbecues, parades and fireworks. The National Safety Council advises everyone to enjoy fireworks at public displays conducted by professionals, and not to use any fireworks at home. They may be legal but they are not safe.

In 2017, eight people died and over 12,000 were injured badly enough to require medical treatment after fireworks-related incidents. Of these, 50% of the injuries were to children and young adults under age 20. Over two-thirds (67%) of injuries took place from June 16 to July 16. And while the majority of these incidents were due to amateurs attempting to use professional-grade, homemade or other illegal fireworks or explosives, an estimated 1,200 injuries were from less powerful devices like small firecrackers and sparklers.

Additionally, fireworks start an average of 18,500 fires each year, including 1,300 structure fires, 300 vehicle fires and nearly 17,000 other fires.

If You Choose to Use Legal Fireworks

If consumer fireworks are legal to buy where you live and you choose to use them, be sure to follow the following safety tips:

- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Never use fireworks while impaired by drugs or alcohol
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never hold lighted fireworks in your hands
- Never light them indoors
- Only use them away from people, houses and flammable material
- Never point or throw fireworks at another person
- Only light one device at a time and maintain a safe distance after lighting
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak both spent and unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire
- Never use illegal fireworks

Better yet, grab a blanket and a patch of lawn, kick back and let the experts handle the fireworks show.



Sparklers Are Dangerous

Every year, young children can be found along parade routes and at festivals with sparklers in hand, but sparklers are a lot more dangerous than most people think.

Sparklers burn at about 2,000 degrees – hot enough to melt some metals. Sparklers can quickly ignite clothing, and children have received severe burns from dropping sparklers on their feet. According to the National Fire Protection Association, sparklers alone account for more than 25% of emergency room visits for fireworks injuries. For children under 5 years of age, sparklers accounted for nearly half of the total estimated injuries.



Extreme Heat

Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death. In fact, extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.



Remember:

- Extreme heat can occur quickly and without warning.
- Older adults, children and sick or overweight individuals are at greater risk from extreme heat.
- Humidity increases the feeling of heat as measured by a heat index.

IF YOU ARE UNDER AN EXTREME HEAT WARNING:

- Find air conditioning.
- Avoid strenuous activities.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Never leave people or pets in a closed car.

HOW TO STAY SAFE WHEN EXTREME HEAT THREATENS

Prepare NOW

Find places in your community where you can go to get cool while following the latest guidelines from CDC about social distancing to reduce the spread of COVID-19.



Try to keep your home cool:

- Do not rely on a fan as your primary cooling device.
- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
- Install window air conditioners and insulate around them.
- Learn to recognize the signs of heat illness. For more information visit: www.cdc.gov/disasters/extremeheat/warning.html

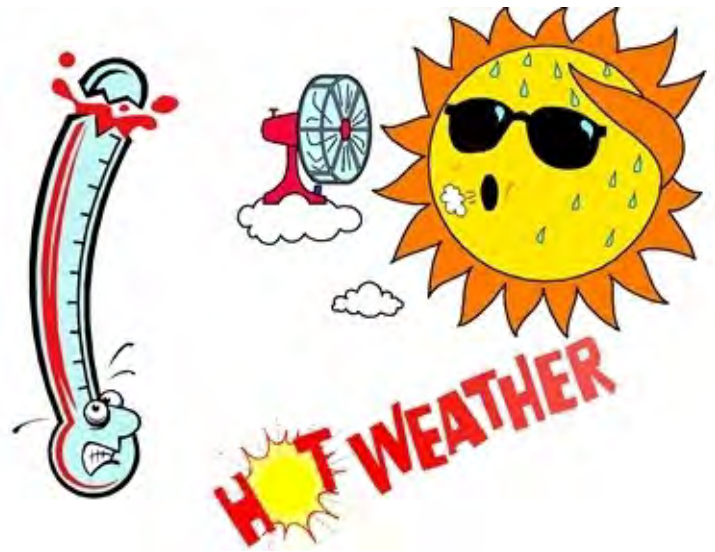
Be Safe DURING

Never leave a child, adult, or animal alone inside a vehicle on a warm day. Exposing yourself to the sun or to high temperatures does not protect you from coronavirus disease 2019 (COVID-19).

Sign up for email updates and follow the latest guidelines about coronavirus from the Centers for Disease Control and Prevention (CDC) and your local authorities to prevent the spread of COVID-19.

Find places with air conditioning. Libraries, shopping malls, and community centers can be a cool place to beat the heat. Stay informed and check with local authorities about possible closures prior to going to cooling centers. Once there, follow CDC guidelines to prevent the spread of COVID-19. Some steps you can take to keep yourself and others safe from COVID-19 include:

- Wash your hands often, keep a physical distance of at least six feet between you and people who are not part of your household, and avoid crowds and large groups.
- Wear a face cloth covering. Children under 2 years old, people who have trouble breathing, and people who are unable to remove masks on their own should not wear face coverings.
- If you are wearing a mask and feel yourself overheating or having trouble breathing, put at least 6 feet of distance between yourself and others and remove the mask.
- If you can, wash your reusable mask regularly.
- If air conditioning is not available in your home:
 - Contact Low Income Home Energy Assistance Program (LIHEAP) for help.
 - Contact your local health department or locate an air-conditioned shelter in your area.
 - ◆ Spend some time at a shopping mall or public library- even a few hours spent in air conditioning can help.
 - ◆ Keep at least six feet of space between you and individuals who are not a part of your immediate household.
 - ◆ Your community may set up emergency alternatives for cooling centers, such as using parked air-conditioned buses or movie theaters, as normal cooling centers may not have enough space for physical distancing. Pay attention to guidance from local officials to determine where the nearest cooling center is.
 - ◆ Wear masks when in public spaces. Masks should not be worn by children under 2 years old, people who have trouble breathing, and people who are unconscious, incapacitated, or otherwise unable to remove them.
 - ◆ Try to bring items that can help protect you and others in the cooling center from COVID-19, such as hand sanitizer that contains at least 60 percent alcohol and cleaning materials.
 - ◆ Review the CDC's guidelines for "Going to a Public Disaster Shelter During the COVID-19 Pandemic."
- Take cool showers or baths.
- Don't rely solely on fans to keep you cool. While electric fans might provide some comfort, when temperatures are really hot, they won't prevent heat-related illness.
- Use your stove and oven less to maintain a cooler temperature in your home.



- If you're outside, find shade. Wear a hat wide enough to protect your face. Wear appropriate [cloth masks](#) and keep a physical distance of at least six feet while you're outside. Don't wear a mask if you have trouble breathing or if you are unable to remove it on your own. Children under the age of 2 shouldn't wear face coverings. If you can, wash your reusable mask regularly.
- During extreme heat events, use a cloth mask that has breathable fabric, such as cotton, instead of polyester. Keep in mind that masks with filters, which are used when cleaning mold or debris, are often made with synthetic materials, which makes it harder to breathe.
- Ensure that your mask covers your mouth and nose and is somewhat snug on your face, even when it is hot. Make sure that it is not too tight. You should not have trouble breathing while wearing the mask. If it is too tight, loosen it so that it fits snugly without slipping. If it is too tight, loosen it so that it fits snugly without slipping.
- Be sure to have several clean masks to use in case your mask becomes wet or damp from sweat during an extreme heat event. Cloth masks should not be worn when they become damp or wet. Be sure to wash your cloth masks regularly.
- Wear loose, lightweight, light-colored clothing.
- Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best. There is no evidence showing that you can get COVID-19 through drinking water or touching water. Conventional water treatment methods, such as those in most municipal drinking water systems, use filtration and disinfection methods that should remove or inactivate the virus that causes COVID-19.
 - ◆ Keep in mind that not everyone can afford to stock up on supplies, such as sports drinks, cleaning supplies, and non-perishable foods. If you can, slowly buy supplies in advance so that you don't have to go to the store as often. Shopping less often helps to slow the spread of COVID-19. By social distancing and only shopping when you must, you can protect those who are unable to buy supplies in advance and must shop more frequently.
 - * Being prepared allows you to avoid unnecessary excursions and to address minor medical issues at home, alleviating the burden on urgent care centers and hospitals.
 - * Remember that not everyone can afford to respond by stocking up on necessities. For those who can afford it, making essential purchases and slowly building up supplies in advance will allow for longer time periods between shopping trips. This helps to protect those who are unable to procure essentials in advance of the pandemic and must shop more frequently. In addition, consider avoiding WIC-labeled products so that those who rely on these products can access them.
- Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.
- Avoid high-energy activities outdoors. Avoid working outdoors during the midday heat, if possible.
- Check yourself, family members, and neighbors for signs of heat-related illness and COVID-19. Maintain social distancing between yourself and persons not part of your household.
- Engage virtually with your community through video and phone calls. Know that it's normal to feel anxious or stressed. Take care of your body and talk to someone if you are feeling upset. Many people may already feel fear and anxiety about the coronavirus 2019 (COVID-19). The threat of an avalanche can add additional stress. Follow CDC guidance for [managing stress during a traumatic event](#) and [managing stress during COVID-19](#).



Recognize and Respond

Know the signs of heat-related illnesses and COVID-19 and ways to respond. At-risk populations for both heat-related illness and COVID-19 include older individuals and those with underlying health conditions. Know how to protect individuals especially at risk from both extreme heat events and COVID-19.

If you are sick and need medical attention, contact your healthcare provider for advice and shelter in place, if you can. If you are experiencing a medical emergency, call 9-1-1 and let the operator know if you have, or think you might have, COVID-19. If you can, put on a mask before help arrives. If you are at a shelter or public facility, alert shelter staff right away so they can call a local hospital or clinic.

HEAT CRAMPS

- **Signs:** Muscle pains or spasms in the stomach, arms or legs
- **Actions:** Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. If you are sick and need medical attention, call your healthcare provider first. Follow your healthcare provider's instructions about whether you should go to the hospital or cooler location yourself, as you may be putting others or yourself in greater risk for contracting COVID-19. If cramps last more than an hour, seek medical attention. If possible, put on a mask before medical help arrives.



HEAT EXHAUSTION



- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, fainting, nausea, vomiting
- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Call your healthcare provider if symptoms get worse or last more than an hour.

HEAT STROKE

- **Signs:**
 - ◆ Extremely high body temperature (above 103 degrees) taken orally
 - ◆ Red, hot and dry skin with no sweat
 - ◆ Rapid, strong pulse
 - ◆ Dizziness, confusion or unconsciousness
- **Actions:** Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.





Radio Amateur Civil Emergency Services

(RACES)

RACES / CERT Comms Group SITREP

July 2021



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

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 RACES Meeting 7:30pm	2	3
	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

July 1

Time: 7:30 pm

TBD



August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 RACES Meeting 7:30pm	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

August 5
Time: 7:30 pm
TBD



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