



# CERT



NASSAU COUNTY



Main Office:

516-573-9600

Email:

[oemcert@nassaucountyny.gov](mailto:oemcert@nassaucountyny.gov)

**CERT IS  
WHAT  
YOU  
MAKE IT**



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

## *CERT Monthly Newsletter*

**JANUARY 2022**

Dear Members,

We would like to Thank all of our team members who have participated and helped during the year and look forward to a great 2022 for the CERT program!

We wish to congratulate and welcome County Executive Bruce Blakeman, OEM Commissioner Denis Monette and OEM Deputy Commissioner Richard Corbett. We look forward to supporting and working with them.

This Saturday, January 1<sup>st</sup> and Sunday, January 2<sup>nd</sup> there will be a COVID test giveaway at the Nassau Coliseum from 8:30 - 13:00 hours. We will be assembling at 8:00am.

Any CERT member available to assist with this task, please respond by email at : [oemcert@nassaucountyny.gov](mailto:oemcert@nassaucountyny.gov).

On Thursday, 1/6/22 will be conducting a CERT Communications Test at 7 pm (1900 hours) using FRS radio channels 4 & 5. This is the first time we have run a general (chaos) radio test on the FRS band. See this newsletter for details.

We would like to extend our best wish's to everyone and there families for a Happy, healthy and safe 2022.

Happy New Year!

*Bob, Rick & Paul*

## CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population

Given what we currently know about COVID-19 and the Omicron variant, CDC is shortening the recommended time for isolation from 10 days for people with COVID-19 to 5 days, if asymptomatic, followed by 5 days of wearing a mask when around others. The change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after. Therefore, people who test positive should isolate for 5 days and, if asymptomatic at that time, they may leave isolation if they can continue to mask for 5 days to minimize the risk of infecting others.

Additionally, CDC is updating the recommended quarantine period for those [exposed to COVID-19](#). For people who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person [wear a well-fitting mask](#) at all times when around others for 10 days after exposure. Individuals who have received their booster shot do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.

Isolation relates to behavior after a confirmed infection. Isolation for 5 days followed by wearing a well-fitting mask will minimize the risk of spreading the virus to others. Quarantine refers to the time following exposure to the virus or close contact with someone known to have COVID-19. Both updates come as the Omicron variant continues to spread throughout the U.S. and reflects the current science on when and for how long a person is maximally infectious.

Data from South Africa and the United Kingdom demonstrate that vaccine effectiveness against infection for two doses of an mRNA vaccine is approximately 35%. A COVID-19 vaccine booster dose restores vaccine effectiveness against infection to 75%. COVID-19 vaccination decreases the risk of severe disease, hospitalization, and death from COVID-19. CDC strongly encourages COVID-19 vaccination for everyone 5 and older and boosters for everyone 16 and older. Vaccination is the best way to protect yourself and reduce the impact of COVID-19 on our communities.

***The following is attributable to CDC Director, Dr. Rochelle Walensky:***

*“The Omicron variant is spreading quickly and has the potential to impact all facets of our society. CDC’s updated recommendations for isolation and quarantine balance what we know about the spread of the virus and the protection provided by vaccination and booster doses. These updates ensure people can safely continue their daily lives. Prevention is our best option: get vaccinated, get boosted, wear a mask in public indoor settings in areas of substantial and high community transmission, and take a test before you gather.”*



## If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.  
*If you have a fever, continue to stay home until your fever resolves.*

## If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

*If you develop symptoms get a test and stay home.*

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of J&J over 2 months ago and are not boosted

OR

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

*If you develop symptoms get a test and stay home*

# Resolve to be Ready

## Make a Resolution

- Make an emergency plan: choose a safe place to meet, learn evacuation routes, and establish an out-of-town contact.
- Take a current photo of you and your pet together in case you get separated during a disaster.
- Get to know your neighbor and invite them to be a part of your emergency plan.
- Snap photos of important documents and save them in a secure place or online.
- Set up group text lists so you can communicate with friends and family during emergencies.
- Take a class in CPR and first aid.
- Keep and update emergency supplies; remember to include cash.
- Have back-up power sources available to charge devices in case of a power outage.
- Snap pictures of your property for insurance purposes.
- Check your insurance for coverage on disasters like floods, hurricanes, and earthquakes.
- Sign up for alerts and warnings. Download the FEMA app to get real-time alerts, safety tips, and locate open shelters.
- Save for a rainy day! Start and grow your emergency fund.
- Financially prepare for the New Year. Find out how with the [Emergency Financial First Aid Kit](#).
- Spend within your means. Use a personal budgeting worksheet to help plan for holiday expenses



## Get Tech Ready

- Download the FEMA app to get real-time alerts, safety tips, and locate open shelters.
- Sign up to receive text or email alerts about emergencies from your local Office of Emergency Management.
- Snap photos of important documents and save them online or in a secure place you can access during an emergency.
- Set up group text lists so you can communicate with friends and family at the same time during emergencies.
- Download money saving apps to help you save for a rainy day.
- Have external power sources available to charge phones and other devices in case of a power outage. #ResolveToBeReady #PrepTips



# Preparedness Tips

- Include cash in your emergency supply kit. During an extended power outage, ATMs and credit card machines may not work.
- Check-in with neighbors to see how you can help each other out before and after a storm.
- Pick an out-of-town person for everyone to contact during an emergency.
- Preparing your family for an emergency is as simple as having a conversation over dinner. Make a plan tonight.
- As part of your family's emergency supply kit, include games and toys to keep children entertained.
- Get prepared by having an emergency supply kit already stored. [www.ready.gov/kit](http://www.ready.gov/kit) #ResolveToBeReady
- Snap pictures of your property and make an inventory for insurance purposes.
- 30: The number of days it takes for flood insurance to begin. The time to buy is when it's dry.
- If you rely on public transportation, contact your local emergency management agency about evacuation procedures before a hurricane.
- Make a list of the things you would need or want to take with you if you had to leave your home quickly.
- Prepare your car for winter: keep your gas tank near full to help avoid ice in the tank and fuel lines.
- Make a plan to check on neighbors if extreme cold or winter weather knocks out your power.
- Learn how to shut off the utilities where you live, including water, electricity, and gas.
- #PrepTips: Take a first aid and CPR class. [www.ready.gov/safety-skills](http://www.ready.gov/safety-skills) #ResolveToBeReady
- Plan how you will leave and where you will go if you are advised to evacuate. Don't forget to include pets in your plans! [www.ready.gov/evacuation](http://www.ready.gov/evacuation) #ResolveToBeReady
- Assemble supplies for a "go-bag" you can carry if you need to evacuate [www.ready.gov/evacuation](http://www.ready.gov/evacuation) #ResolveToBeReady #PrepTips
- Make a portable emergency kit for your car [www.ready.gov/car](http://www.ready.gov/car) #ResolveToBeReady
- Save. Save. Save. Your emergency savings can help you get life saving items like food, shelter, and water in an emergency. Saving tips: [www.ready.gov/financial-preparedness](http://www.ready.gov/financial-preparedness) #FinancialFuture
- 48% of people have an emergency fund, which gives them the savings to overcome simple emergencies. [www.ready.gov/financial-preparedness](http://www.ready.gov/financial-preparedness) #FinancialFuture

## Planning with Pets

- Take a current photo of you and your pet together in case you get separated during a disaster. [www.ready.gov/pets](http://www.ready.gov/pets) #ResolveToBeReady #PetPreparedness
- Search online today for local pet-friendly evacuation locations in case you need to evacuate.
- Update your pet's microchip registration info so you can be contacted if your pet gets lost in a disaster. [www.ready.gov/pets](http://www.ready.gov/pets) #ResolveToBeReady #PetPreparedness
- Put your name and contact information on your pet's ID tag in case you're separated in an emergency. [www.ready.gov/pets](http://www.ready.gov/pets) #ResolveToBeReady #PetPreparedness
- Remember to include your pets in your family's emergency plans.



# WHAT'S IN YOUR GO BAG?

First aid kit,  
toothbrushes,  
and medicine



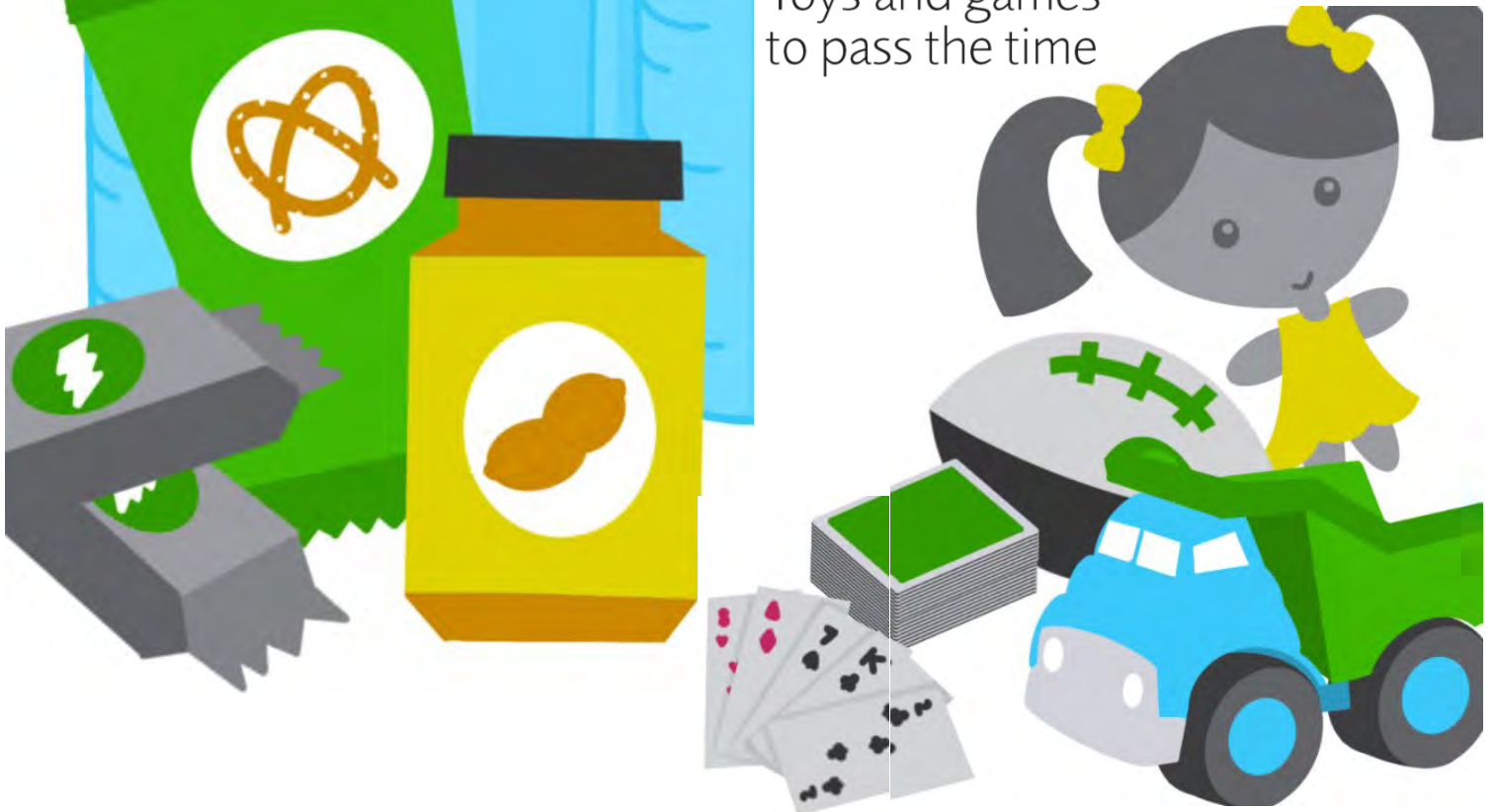
Water and food



Flashlight,  
batteries, and  
matches



Toys and games  
to pass the time





Class began on Wednesday, March 09, 2022 at:

Office of Emergency Management  
 510 Grumman Road West  
 Bethpage, Ny 11714

**CERT Basic Class - Winter 2019**

Day / Date	Topic	Class	Location
Wednesday, March 09, 2022	Introduction / What is CERT	1	OEM
Wednesday, March 16, 2022	Fire Safety / Portable Radio Fundamentals	2	OEM
Wednesday, March 23, 2022	Disaster Medical Operations	3	OEM
Wednesday, March 30, 2022	Light Search & Rescue Operations	4	OEM
Wednesday, April 06, 2022	Sheltering Operations	5	OEM
Wednesday, April 13, 2022	Emergency Operations Center / Warehouse	6	OEM
Wednesday, April 20, 2022	Disaster Psychology / Terrorism / Graduation	7	OEM



Spread the Word





# Radio Amateur Civil Emergency Services

**(RACES)**

**RACES / CERT Comms Group SITREP**

**January 2022**



RACES is now holding meetings on the first Thursday of the month.

The next meeting is Thursday, January 6.

This will be a Zoom meeting.

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)





# Radio Amateur Civil Emergency Services (RACES) CERT Communications Test



**Location of training:** On Air / Virtual via Zoom

**Length of training:** ½ hour

**Minimum manpower:** Individuals on FRS, GMRS and Amateur Radio Bands

**Requesting Agency / Individual:** Nassau County CERT Division 1 Supervisor

**Lead / POC (point of contact):** Bill Pavone (KD2DWI / WQQW741), Alt: Bob Long (KC2PSN / WQME569)

**Training objectives:**

**Primary** - Refresh radio fundamental skill set.

**Secondary** - Identify other CERTS in your local community for future events

**Training Summary:**

Create and implement a local FRS radio network of CERT Members to maintain fundamental skills learned at the basic class. Also involve the licensed GMRS and Amateur Radio Operators to assist in relaying information to OEM. Finally transmit a message from GMRS that all FRS Members can hear and copy.

**Optional Aspect:**

Test, tweak and familiarize CERT Members to the procedures and protocols set forth in the CERT Communication Plan. In addition, use the proper forms to familiarize CERT Member to ICS forms they will use in the field.

**Equipment required:**

- An FRS radio for each member taking part in the net.
- As many GMRS and Amateur radio operators as possible to cover Nassau so no FRS message is unanswered.
- ICS 309 Communications Log Form  
CERT Divisional leadership to initiate the test and monitor the informal net.

**Additional comments:**

- FRS tactical call: **First Name, Last Initial and Location** (Town or Village) ex: **Bill P - Seaford**
- GMRS or Amateur Operators will use FCC License callsign. Ex WQQW741 / KD2DWI
- Prepared preamble message with instructions transmitted over GMRS Ch 4 / FRS radio channel 18
- Final canned message to be transmitted over GMRS Ch 4.  
Promote this net over ALL Modes to build interest and interoperability.



# Radio Amateur Civil Emergency Services (RACES) CERT Communications Test



## Instructions:

On Thursday, 1/6/22 will be a CERT Communications Test at 7 pm (1900 hours) using FRS radio channels 4 & 5.

Each CERT should tune their FRS radio to channel 4 (or channel 5 as an alternate should ch 4 have existing traffic) and call out to any other CERT using the phrase:

“Calling any Nassau County CERT in my area. This is < *your First Name, Last Initial* > from < *your Local area (town or village)* > trying to make contact with other CERTs. Over. “

Wait for a reply. Try this a few times and record any contacts made with their name, location and time of contact.

CERTs who make contact should record the information on the attached ICS 309 form and should forward their log sheet to Division 1 Supervisor Bill Pavone at: [NassauCERTdiv1@yahoo.com](mailto:NassauCERTdiv1@yahoo.com)

An announcement will be made on Channel 18 (GMRS ch 4) at the start of the test at 1900 and Members should change channels to FRS 4 or 5 to transmit requests for contact. As handheld radios tend to have limited line of sight range, operating outside and at higher locations will yield better reception and more contacts.

BTG Radio club members may also follow the same procedure on the BTG West repeater (462.625 MHz) and any Amateur Radio operators can do the same using the WB2WAK (146.805 MHz), WB2BWV (443.525 MHz) or WB2CYN (147.135 MHz ) repeaters but replacing their names with FCC call signs and using the appropriate modes.

Participating CERTs should then attend the 7:30 pm monthly CERT communications / RACES zoom meeting.

Members can join from any computer, tablet, or smartphone by entering the URL:  
<https://zoom.us/j/95928146234>

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

Any zoom questions can be directed to: [nassaucountyny.races@gmail.com](mailto:nassaucountyny.races@gmail.com)

## ICS 309 Form information:

1. Incident Name and Activation Number: **NC CERT COMM TEST 20220106-1900**
2. Operational Period (Date/Time): **20220106 from 19:00 - 19:30**
3. Radio Net Name (for NCS) or Position/Tactical Call: **2022 CERT Test**
4. Radio Operator (Name, Call Sign): **Give your First, Last Name and email Address**

Para obtener instrucciones en español, envíe un correo electrónico a: [NassauCertDiv1@yahoo.com](mailto:NassauCertDiv1@yahoo.com)

Thank you

Bill Pavone  
NC CERT Division 1 Supervisor  
[NassauCERTDiv1@Yahoo.com](mailto:NassauCERTDiv1@Yahoo.com)



# Radio Amateur Civil Emergency Services (RACES) Prueba de Comunicaciones CERT



ICS 309 Communications Log					
1. Incident Name and Activation Number			2. Operational Period (Date/Time)		
			From: _____	To: _____	
3. Radio Net Name (for NCS) or Position/Tactical Call			4. Radio Operator (Name, Call Sign)		
5. COMMUNICATIONS LOG					
Time (24-Hr)	FROM		TO		Message
	Call Sign/ID	Msg #	Call Sign/ID	Msg #	
6. Prepared By (Name, Call Sign)			7. Date & Time Prepared		8. Page ____ of ____



# Radio Amateur Civil Emergency Services (RACES) Prueba de Comunicaciones CERT



Fecha de la formación: 01-06-2022 @ 19:00 (7:00 PM)

Tipo de formación: FRS, GMRS, Red de interoperaciones de radioaficionados

Ubicación del entrenamiento: On Air / Virtual a través de Zoom

Duración del entrenamiento: ½ hora

Mano de obra mínima: personas en FRS, GMRS y bandas de radioaficionados

Agencia / Persona solicitante: Supervisor de la División 1 del CERT del condado de Nassau

Líder / POC (punto de contacto): Bill Pavone (KD2DWI / WQQW741), Alt: Bob Long (KC2PSN / WQME569)

Objetivos de entrenamiento:

Primaria: actualiza el conjunto de habilidades fundamentales de la radio.

Secundario: identifique otros CERTS en su comunidad local para eventos futuros

Resumen de entrenamiento:

Crear e implementar una red de radio local FRS de miembros del CERT para mantener las habilidades fundamentales aprendidas en la clase básica. También involucre a GMRS y operadores de radioaficionados con licencia para ayudar a transmitir información a los OEM. Finalmente, transmita un mensaje de GMRS que todos los miembros de FRS puedan escuchar y copiar.

Aspecto opcional:

Probar, modificar y familiarizar a los miembros del CERT con los procedimientos y protocolos establecidos en el Plan de comunicación del CERT. Además, utilice los formularios adecuados para familiarizar a los miembros del CERT con los formularios del ICS que utilizarán en el campo.

Equipamiento requerido:

- Una radio FRS para cada miembro que participe en la red.
- Tanto operadores de radioaficionados y GMRS como sea posible para cubrir Nassau para que ningún mensaje FRS quede sin respuesta.
- Formulario de registro de comunicaciones ICS 309
- Liderazgo divisional del CERT para iniciar la prueba y monitorear la red informal.

Comentarios adicionales:

- Llamada táctica de FRS: nombre, apellido, inicial y ubicación (pueblo o aldea) por ejemplo: Bill P - Seaford
- GMRS u operadores aficionados utilizarán indicativos de licencia de la FCC. Ex WQQW741 / KD2DWI
- Mensaje de preámbulo preparado con instrucciones transmitidas por el canal 18 de radio GMRS Ch 4 / FRS
- Mensaje fijo final que se transmitirá a través de GMRS Ch 4.
- Promocionar esta red en TODOS los modos para generar interés e interoperabilidad.





# Radio Amateur Civil Emergency Services (RACES) Prueba de Comunicaciones CERT



## Instrucciones:

El jueves, 6/1/22 habrá una prueba de comunicaciones CERT a las 7 pm (1900 horas) utilizando los canales de radio FRS 4 y 5.

Cada CERT debe sintonizar su radio FRS en el canal 4 (o el canal 5 como alternativa si el canal 4 tiene tráfico existente) y llamar a cualquier otro CERT usando la frase:

"Llamar a cualquier CERT del condado de Nassau en mi área. Este es <su nombre, apellido inicial> de <su área local (ciudad o aldea)> tratando de ponerse en contacto con otros CERT. Encima. "

Espere una respuesta. Intente esto varias veces y registre cualquier contacto hecho con su nombre, ubicación y hora de contacto.

Los CERT que se pongan en contacto deben registrar la información en el formulario ICS 309 adjunto y deben enviar su hoja de registro al supervisor de la División 1 Bill Pavone a: Nassau-CERTdiv1@yahoo.com

Se hará un anuncio en el Canal 18 (GMRS ch 4) al comienzo de la prueba a las 1900 y los Miembros deben cambiar los canales a FRS 4 o 5 para transmitir las solicitudes de contacto. Dado que las radios portátiles tienden a tener una línea de visión limitada, operar en exteriores y en ubicaciones más altas producirá una mejor recepción y más contactos.

Los miembros del club BTG Radio también pueden seguir el mismo procedimiento en el repetidor BTG West (462,625 MHz) y cualquier operador de radioaficionado puede hacer lo mismo utilizando los repetidores WB2WAK (146,805 MHz), WB2BWV (443,525 MHz) o WB2CYN (147,135 MHz) pero reemplazando sus nombres con los distintivos de llamada de la FCC y utilizando los modos apropiados.

Los CERT participantes deben asistir a la reunión mensual de comunicaciones CERT / RACES zoom de las 7:30 pm.

Los miembros pueden unirse desde cualquier computadora, tableta o teléfono inteligente ingresando la URL: <https://zoom.us/j/95928146234>

O, solo para audio, puede marcar por teléfono: 646-876-9923 e ingresar ID de reunión: 959 2814 6234 #

Cualquier pregunta sobre el zoom puede dirigirse a: [nassaucountyny.races@gmail.com](mailto:nassaucountyny.races@gmail.com)

## Información del formulario ICS 309:

1. Nombre del incidente y número de activación: NC CERT COMM TEST 20220106-1900
2. Período operativo (fecha / hora): 20220106 de 19:00 a 19:30
3. Nombre de la red de radio (para NCS) o posición / llamada táctica: Prueba CERT 2022
4. Operador de radio (nombre, distintivo de llamada): proporcione su nombre, apellido y dirección de correo electrónico



For instructions in English, email: [NassauCertDiv1@yahoo.com](mailto:NassauCertDiv1@yahoo.com)

Gracias

Bill Pavone

Supervisor de la División 1 del CERT de NC  
[NassauCERTDiv1@Yahoo.com](mailto:NassauCERTDiv1@Yahoo.com)

# January 2022

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

## Important CERT Dates

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**RACES Meeting**

January 6  
Time: 7:30 pm  
ZOOM

# February 2022

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

## Important CERT Dates

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**RACES Meeting**

February 3  
Time: 7:30 pm



## Nassau County CERT Coordinator

**Bob Chiz & Rick Delucia**

[oemcert@nassaucountyny.gov](mailto:oemcert@nassaucountyny.gov)

### Division 1

Division Supervisor

**Bill Pavone**

[nassaucertdiv1@yahoo.com](mailto:nassaucertdiv1@yahoo.com)

## CERT Deputy Director

**Paul Shapiro**

[pshapiro@nassaucountyny.gov](mailto:pshapiro@nassaucountyny.gov)

### Division 2

Division Supervisor

**Marvin Stein**

[certdiv2nassau@gmail.com](mailto:certdiv2nassau@gmail.com)

**PLEASE HELP US RECRUIT NEW MEMBERS!!**

**Class beginning on Wednesday, March 09, 2022 at:**

**Office of Emergency Management**

**510 Grumman Road West**

**Bethpage, Ny 11714**

[OEMCERT@NASSAUCOUNTYNY.GOV](mailto:OEMCERT@NASSAUCOUNTYNY.GOV)