



**BRUCE A. BLAKEMAN**  
 NASSAU COUNTY EXECUTIVE

# CERT



NASSAU COUNTY



## *CERT Monthly Newsletter*

*AUGUST 2022*

**CERT  
 IS WHAT  
 YOU  
 MAKE IT**



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

Dear Members,

We wish to congratulate and welcome OEM Acting Commissioner Richard Corbett. We look forward to supporting and working with him.

A new CERT basic class will begin on Wednesday, September 14th at the Rockville Centre Recreation Center. Information and details about the class are in this newsletter. As current members, you are the best ambassadors the program has. Please help spread the word. If you know anyone who may be interested, please refer them to us via [oemcert@nassaucountyny.gov](mailto:oemcert@nassaucountyny.gov). Also, all members are welcome to attend any or all classes for a review or to assist.

We will be attending fire extinguisher training at the Nassau County Fire Service Academy. Two dates have been scheduled, Thursday, September 15 and Tuesday, September 20. Classes begin at 7:30pm. You only need to make one of the two dates. Class size is limited and pre-registration is required. To register send your name and choice of date to [oemcert@nassaucountyny.gov](mailto:oemcert@nassaucountyny.gov). Because class size is limited, if you register, you are expected to attend.

If you have any type of training you'd like to suggest that reinforces our skills as CERT's, please contact us.

Best regards

*Bob & Rick*



## CERT Basic Class

# SPREAD THE WORD

**Rockville Centre Recreation Center**  
**111 North Oceanside Road**  
**Rockville Centre, NY 11570**  
**All Classes start at 6:30pm**

Date	Topic	Class	Location
September 14	Introduction / What is CERT	1	Rockville Centre Recreation Center
September 21	Fire Safety / Portable Radio Fundamentals	2	Rockville Centre Recreation Center
September 28	Emergency Operations Center / Warehouse	3	OEM Lecture Hall
October 12	Disaster Medical Operations	4	Rockville Centre Recreation Center
October 19	Light Search & Rescue Operations	5	Rockville Centre Recreation Center
October 26	Sheltering Operations	6	Rockville Centre Recreation Center
November 2	Disaster Psychology / Terrorism / Graduation	7	Rockville Centre Recreation Center





# Radio Amateur Civil Emergency Services (RACES)

## RACES / CERT Comms Group SITREP August 2022



RACES meeting for August has been rescheduled for Thursday, August 11th

Location: OEM Lecture Hall

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

### Field Day 2022

**What is Field Day?** Field Day is an annual amateur radio exercise, widely sponsored by International Amateur Radio Union (ARI) regions and member organizations, encouraging emergency communications preparedness among amateur radio operators. In the United States, it is typically the largest single emergency preparedness exercise in the country, with over 30,000 operators participating each year. Field Day is always the fourth full weekend of June, beginning at 18:00 UTC Saturday and running through 20:59 UTC Sunday.

Since the first ARRL Field Day in 1933, radio amateurs throughout North America have practiced the rapid deployment of radio communications equipment in environments ranging from operations under tents in remote areas to operations inside Emergency Operation Centers (EOCs). Operations using emergency and alternative power sources are highly encouraged, since electricity and other public infrastructures are often among the first to fail during a natural disasters or severe weather.

To determine the effectiveness of the exercise and of each participant's operations, there is an integrated competitive component, and many clubs also engage in concurrent leisure activities (e.g., camping, cookouts). Operations typically last a continuous twenty-four hours, requiring scheduled relief operators to keep stations on the air. Additional contest points are awarded for experimenting with unusual modes, making contacts via satellite, and involving youth in the activity.

Many of our RACES officers and members took part this year. Some of our officers visited sites run by our counterparts in Suffolk County RACES and partner radio clubs. This year it looked more like the pre pandemic Field Day many of us remember and have shared stories about. We may not be back to normal yet but we have already began the transition and look forward to participating in many of the events right here on Long Island.

ARRL Field Day also gives us the opportunity to showcase what amateur radio is all about to the public. Some groups use Field Day as an exercise in emergency preparedness, others treat it as a competition, and for some, it's a social gathering. Field Day is entirely what you make of it. This gives individuals the opportunity to operate without a license at a Get On The Air (GOTA) station, with a licensed amateur radio operator. This is a great way to learn and get on the air.

If you are interested in any form of communications (amateur, GMRS, etc.) feel free to reach out to us. We will be happy to help you find your way into the world of communications.

**Robert Long Chief Radio Officer**

**Nassau County RACES**

**website: [www.nassauraces.net](http://www.nassauraces.net)**





**“988” is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline.**

Too many people experience suicidal crisis or mental health-related distress without the support and care they need. There are urgent mental health realities driving the need for crisis service transformation across our country. In 2020 alone, the U.S. had one death by suicide about every 11 minutes—and for people aged 10-34 years, suicide is a leading cause of death.

There is hope. The 988 Suicide and Crisis Lifeline – previously known as the National Suicide Prevention Lifeline – is a national network of more than 200 crisis centers that helps thousands of people overcome crisis situations every day. These centers are supported by local and state sources as well as the Department of Health and Human Services’ Substance Abuse and Mental Health Services Administration (SAMHSA). As of July 16, 2022, all calls and text messages to “988” route to a 988 Suicide and Crisis Lifeline call center.

*The 988 Suicide and Crisis Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress.*

- **New Nationwide Number:** 988 is more than just an easy-to-remember number — it’s a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress – whether thoughts of suicide, mental health, substance use crisis, or any other kind of emotional distress.
- **Provides Support:** People can also dial 988 if they are worried about a loved one who may need crisis support.
- **FCC Rules:** Under FCC rules, calls and texts to 988 will be directed to the Lifeline. Calls and texts to 1-800-273-8255 (TALK) will also continue to reach the 988 Lifeline even after the nationwide implementation of 988.
- **Saving Lives:** The FCC actions reflect its commitment to saving lives and connecting individuals to necessary intervention services. Switching to the easy-to-remember 988 makes it easier for individuals in crisis to access the help they need and decrease the stigma surrounding suicide and mental health issues.
- **Important Step:** The 988 Suicide and Crisis Lifeline is an important step toward strengthening and transforming crisis care in this country. It serves as a universal entry point so that no matter where you live, you can reach a trained crisis counselor who can help.
- **Help for Veterans:** For calls, pressing “1” after dialing 988 will connect you directly to the Veterans Crisis Lifeline which serves our nation’s Veterans, service members, National Guard and Reserve members, and those who support them. For texts, continue to text the Veterans Crisis Lifeline short code: 838255.

# Back-to-School Preparedness Month



Hey, kids and parents! It's back-to-school time! As you shop for school supplies and get ready for class, make sure you have emergency plans in place. Did you know that emergency preparedness plays a major role in school life? Throughout the year, schools actively prepare for natural disasters, outbreaks, and other emergency situations. Students and parents need to be aware and learn what to do during an emergency.

Every family should build an emergency kit, make a family disaster plan, and be informed about events that could affect their community. Parents—take a few extra steps to help children be prepared.

- Make sure they know the full name, address, and phone numbers of parents or guardians. In our high-tech world of cell phones, memorizing emergency phone numbers is very important! Include a copy of this information in their backpack.
- Other items to keep in their backpack include water and non-perishable snacks; a pocket-sized first aid kit; a whistle to alert others for help; and a list of allergies, medical conditions, and medications—make sure their school and teacher have a copy, too.
- Be familiar with different routes and ways to travel home, like walking, taking the bus, or riding home with another student who lives nearby.
- Establish a secret code word with your child and whoever takes them home from school to protect against an unauthorized person picking them up.

This list is a great starting point to prepare your student for the upcoming school year. Customize these steps to fit your child's capabilities and needs.

Ask school administrators and teachers about emergency preparedness plans so you know what steps they are taking to keep your child safe. Many schools have guidelines on how to shelter-in-place during natural disasters, how to secure classrooms during an emergency lockdown, and how to teach preparedness curriculum to students.

Remember, emergency preparedness is important for everyone. Children who are prepared are more confident during stressful emergency situations. By following preparedness guidelines, parents, children, and school staff can improve their safety and peace of mind.

For more information on school emergency preparedness, visit [cdc.gov/children/schools](https://www.cdc.gov/children/schools).

To learn more about disasters and emergency preparedness, follow @CDCEmergency on Twitter or visit [emergency.cdc.gov](https://emergency.cdc.gov).

So, let's get prepared! Have a great school year!!

*For the most accurate health information, visit [www.cdc.gov](https://www.cdc.gov) or call 1-800-CDC-INFO.*



# BACK TO SCHOOL SAFETY TIPS



Back-to-school can be chaotic, and it presents new safety challenges. Practicing and preparing children early for school dangers will leave everyone feeling safer and more secure. Teach children about:



## TRAFFIC SAFETY

- Walk kids to the bus stop using sidewalks and crosswalks, and obey traffic laws.
- Show children how to get on and off the bus safely.
- Never bend down to pick something up in front of or under the school bus.
- Make sure children walk at least ten feet in front of the bus to cross the street. Kids and bus drivers should always be able to see each other.



## WALKING OR BIKING TO SCHOOL

- Walking or Biking to school: Obey traffic laws, always wear a helmet, avoid distracted walking or riding, and never speak to strangers.
- Walkers and bikers should take safe, visible routes to school. Never let children take an alternative route without consent.
- Encourage children to walk together in groups for safety.

See something, say something: If you notice any suspicious individuals or behaviors near school grounds, don't hesitate to call 9-1-1.

Practice emergency preparedness drills: fire, flood, active shooter, and natural disasters.

Children should wear backpacks with two thick straps to evenly distribute weight on their shoulders. Backpacks should not weigh more than 5%-10% of a child's body weight.



## DRIVING TO SCHOOL

- Make sure everyone inside the car is safely fastened with seatbelts and car seats.
- Never pull away from school until all children are accounted for and safely entering the building. Make sure everyone knows the designated pick up spot.



## PLAYGROUND SAFETY

- Don't ignore playground head injuries! Make sure your child sees a doctor immediately.
- Check the playground: Make sure there are at least 12 inches of mulch, chips, gravel, or safety-tested rubber-like materials for cushioning.
- Bullying: teach children the dangers of bullying. Look out for signs your child may be a victim of bullying.



[www.childhoodpreparedness.org](http://www.childhoodpreparedness.org)

### Sources:

<https://www.tdl.com/advice/parenting/back-to-school-safety-tips/>  
<https://www.nsc.org/home-safety/seasonal-safety/back-to-school>

# Back to School Safety Tips for Parents and Children

Back-to-school can be a chaotic time for parents and children, and it presents new safety challenges. Practicing and preparing children early for school dangers will leave everyone feeling safer and more secure. Whether your children are entering K-12, or are heading to childcare, practice these safety tips to ensure that everyone has an enjoyable back-to-school experience.

## K-12 School Safety Tips

According to Safe Kids Worldwide, “Every day in the U.S. more than 40 kids are hit by a vehicle while walking. That’s more than 15,000 children injured each year.” Children, especially kindergartners, may be unfamiliar with traffic laws. Drivers need to be extra alert during back-to-school, as children may unknowingly dart out into traffic.

### *Traffic Safety*

- Walk kids to the bus stop using sidewalks and crosswalks, and obey traffic laws.
- Show children how to get on and off the bus safely.
- Never bend down to pick something up in front of or under the school bus.
- Make sure children walk at least ten feet in front of the bus to cross the street. Kids and bus drivers should always be able to see each other.

### **Walking or Biking to School**

- Obey traffic laws: always wear a helmet, avoid distracted walking or riding, and never speak to strangers.
- Walkers and bikers should take safe, visible routes to school. Never let children take an alternative route without consent.
- Encourage children to walk together in groups for safety.

### **Driving to School**

- Never pull away from school until all children are accounted for and safely entering the building.
- Make sure everyone knows the designated pick-up spot.
- Make sure everyone inside the car is safely fastened with seatbelts and car seats.





## BACK TO SCHOOL SAFETY TIPS FOR YOUNG CHILDREN

Many young children will be heading back to their childcare programs after summer break. Make sure to practice safety and preparedness with your child and ask important questions to childcare providers.



Remove all necklaces and jackets with drawstrings. These items can cause accidental strangulation on the playground and inside childcare facilities.



Check the playground for uneven ground surfaces, secure guardrails and barriers, wide openings between rails and bars, and sharp points and edges.



Make sure hazardous products are stored away and kept out of the reach of children.



Teach children to move away from cars when they turn on, and especially when pulling out of a parking space.



Obey traffic laws by using sidewalks and crosswalks. Be alert for distracted drivers.



Show children how to get on and off the bus safely.



Make sure your childcare facility performs regular headcounts. Children should never be forgotten on the bus.



Practice emergency preparedness drills in an age-appropriate manner. Have children participate in making emergency kits and to-go bags.



Check the parent handbook: make sure it includes updated safety procedures and protocols, as well as emergency preparedness, response, and recovery measures.



Update all communications: contact numbers, email addresses, and pediatrician information.



Check-in Policy: make sure providers call you if your child does not show up to childcare.



Make sure all doors are locked from the outside so an intruder cannot walk into the facility.



How does the facility plan to reach you? Text, email, or phone call?



See something, say something: If you notice any suspicious individuals or behaviors near the childcare facility, don't hesitate to call 9-1-1.



CHILDHOOD PREPAREDNESS  
DON'T BE SCARED, BE PREPARED.

[www.childhoodpreparedness.org](http://www.childhoodpreparedness.org)

Source:

[www.nsc.org/home-safety/seasonal-safety/back-to-school](http://www.nsc.org/home-safety/seasonal-safety/back-to-school)



# Back-to-School School Safety Tips for Young Children

For parents sending their child to childcare for the first time, it can be an overwhelming experience. Because babies and toddlers can't report problems to parents, it's up to caregivers to be their child's eyes and ears. Don't be afraid to ask providers tough questions and practice safety and preparedness procedures with children.

[Care.com](#) says, "Nothing is more important than making sure your child is safe and happy. If you're happy, your child will be, too. Even if a facility is licensed, accredited or recommended, if it doesn't feel right, keep looking."

## Inside and Outside Safety

- Remove all necklaces and jackets with drawstrings. These items can cause accidental strangulation on the playground and inside childcare facilities
- Check the playground for uneven ground surfaces, secure guardrails and barriers, wide openings between rails and bars, and sharp points and edges.
- Teach children to move away from cars when they turn on, and especially when pulling out of a parking space.
- Obey traffic laws by using sidewalks and crosswalks. Be alert for distracted drivers.
- Show children how to get on and off the bus safely.
- Make sure your childcare facility performs regular headcounts. Children should never be forgotten on the bus.
- Make sure hazardous products are stored away and kept out of the reach of children.
- Make sure all doors are locked from the outside so an intruder cannot walk into the facility.
- See something, say something: If you notice any suspicious individuals or behaviors near the childcare facility, don't hesitate to call 9-1-1.

## Emergency Preparedness, Response, and Recovery

- Practice emergency preparedness drills in an age-appropriate manner. Have children participate in making emergency kits and to-go bags.
- Check the parent handbook: make sure it includes updated safety procedures and protocols, as well as emergency preparedness, response, and recovery measures.

## Communications

- Update all communications: contact numbers, email addresses, and pediatrician information.
- Check-in Policy: make sure providers call you if your child does not show up to childcare.
- How does the facility plan to reach you? Text, email, or phone call?

Following and practicing back-to-school safety protocols will help ensure that parents and young children have secure and happy childcare experiences.

# Sun Safety Tips for Schools

Recess and other outdoor activities during the day can put students at risk if their skin isn't protected from too much exposure to the sun. Teachers and school administrators can take steps to protect students from getting skin cancer later in life.


## Increase Shade

- Provide shade structures or trees.
- Move outdoor activities to shaded areas.
- Plan for shade when developing or renovating school buildings, playgrounds, or athletic fields. [Shade Planning for America's Schools](#) [PDF-975KB] can guide you.

## Promote Sun-Safe Behaviors

- Encourage students to wear hats, sunglasses, and sunscreen outdoors.
- Try to avoid scheduling outdoor activities when the sun is strongest.
- Provide breaks during outdoor activities so that students can reapply sunscreen and get water.

## Use Proven Educational Programs

Proven skin cancer prevention interventions and educational programs are available for child care centers and schools. The National Cancer Institute's [Evidence-Based Cancer Control Programs website](#)  lists sun-safety programs for schools.

# Sun Safety Tips for Employers

The Occupational Safety and Health Act requires employers to minimize risk of harm to workers. Employers may be required to provide workers' compensation to employees who get skin cancer because of sun exposure on the job.


Skin cancer can greatly reduce workers' productivity. Every year, Americans lose more than \$100 million in productivity because of restricted activity or absence from work due to skin cancer.

Providing sun protection for outdoor workers helps create a healthy and safe workplace. It can also increase productivity, which saves money. Some of the tips below protect outdoor workers from [heat](#) as well as sun exposure.

## Increase Sun Protection for Employees

- Encourage sun safety among your employees and provide sun protection when possible.
- Use tents, shelters, and cooling stations to provide shade at worksites.
- Schedule breaks in the shade and allow workers to reapply sunscreen throughout their shifts.
- Create work schedules that minimize sun exposure. For example, schedule outdoor tasks like mowing for early morning instead of noon, and rotate workers to reduce their UV exposure.

## Add Sun Safety to Workplace Policies and Training

- Include sun-safety information in workplace wellness programs. The National Cancer Institute's [Evidence-Based Cancer Control Programs website](#)  lists sun safety programs for outdoor worksites.
- Teach outdoor workers about the [risks of exposure to UV rays](#) and the [symptoms of overexposure](#).

# EVENTS

## RECENT ACTIVITIES

### Eisenhower Fireworks Show

July, 2022





# August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11 RACES Meeting 7:30pm	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

## Important CERT Dates

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**RACES Meeting**

August 11th

Time: 7:30 pm

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# September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 RACES Meeting 7:30pm	2	3
4		6	7 Division 1 Meeting 7:30 pm	8	9	10
11	12	13	14 CERT Basic Class #1		16	17
18	19		21 CERT Basic Class #2	22	23	24
25	26	27	28 CERT Basic Class #3	29	30	

## Important CERT Dates

### RACES Meeting

Sept 1st

Time: 7:30 pm

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### CERT Division 1 Meeting

Sept 7

Time 7:30 pm

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### NC Fire Service Academy

Fire Extinguishers Training

Sept 15 & 20

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)

### Division 2

Division Supervisor

**Marvin Stein**

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

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

*[For More Information Please Visit:](https://www.nassaucountyny.gov/1622/Community-Emergency-Response-Team-CERT)*

*<https://www.nassaucountyny.gov/1622/Community-Emergency-Response-Team-CERT>*