



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

CERT



NASSAU COUNTY



CERT Monthly Newsletter

JUNE 2022

**CERT
 IS WHAT
 YOU**



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

Dear Members,

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

Thank you to all who volunteered to participated in the Long Island Marathon and the Jones Beach Airshow. Fortunately the weather for the airshow was 100% better Sunday then it was for Friday and Saturday. It was great to get together again .

June is Pet Preparedness Month, Summer and Extreme Heat Safety and National Lighting Safety awareness. Also, Hurricane season is here. Get prepared now before a disaster strikes.

On Wednesday, June 1st CERT Division 1 will be holding its quarterly meeting. The meeting will be at the OEM Lecture Hall, doors open at 7:00pm with the meeting scheduled for 7:30pm.

All members are welcome to attend

We are now in the beginning of the process of securing dates and a location to hold the next CERT basic course. If you know of a location that is suitable to conduct a class please forward the information to us. As current members, you are the best ambassadors the program has, if you know anyone who may be interested, please refer them to us via oem-cert@nassaucountyny.gov.

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



Prepare Your Pets for Disasters

Your pets are important member of your family! This is why they should be included in your family's emergency plan.


To prepare for the unexpected, keep your pets in mind as you follow these tips:

1. Make a plan.
2. Build an emergency kit.
3. Stay informed.

Make a Plan

If you have a plan in place for you and your pets, you will likely encounter less difficulty, stress and worry when you need to make a decision during an emergency.

THINGS TO INCLUDE IN YOUR PLAN:

-  Know what to do with your pet during an evacuation . Many public shelters and hotels do not allow pets inside. Know a safe place where you can take your pets before disasters and emergencies happen.
- Develop a buddy system. Plan with neighbors, friends or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so.
- Have copies of your pet's vaccination record, and make sure your pet is microchipped. Keep your address and phone number up-to-date and include an emergency contact outside of your immediate area.
- Keep contact information for your local emergency management office or animal control office and shelters on hand in case you become separated from your pet.

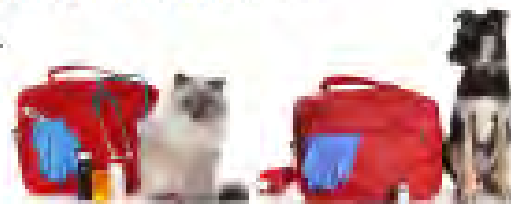
Build a Kit for your Pet

Just as you do with your family's emergency supply kit, think first about the basics for survival.

Review your kit regularly to ensure that their contents are fresh.





HERE ARE SOME ITEMS TO INCLUDE IN AN EMERGENCY KIT FOR YOUR PET:

- Food and Water. Keep several days' supply of both.
- Keep food in an airtight, waterproof container, and have a water bowl to use.



Ready 




- **Medicine.** Keep an extra supply of the medicine your pet takes on a regular basis in a waterproof container.
- **First aid kit.** Include items appropriate for your pet's emergency medical needs.
- **Backup collar with ID tag and a harness or leash.** Have copies of your pet's registration information in a waterproof container and available electronically. 
- **Traveling bag, crate or sturdy carrier** for each pet. 
- **Grooming items.** Pet shampoo and other items, in case your pet needs some cleaning up. 
- **A picture of you and your pet together.** If you become separated from your pet, a picture will help you document ownership and allow others to assist you in identifying your pet.
- **Sanitation needs.** Include pet litter and litter box, trash bags and other items to provide for your pet's sanitation needs.
- **Familiar items.** Put favorite toys, treats or bedding in your kit to reduce stress for your pets. 

Stay Informed

Stay informed of current conditions and know how you will receive emergency alerts and warnings.

Download the FEMA app to get weather alerts for up to five different locations anywhere in the United States.

Always bring your pets indoors at the first sign or warning of a storm. For more information about how to prepare your pets, visit [Ready.gov/pets](https://www.ready.gov/pets).

Ready 



BE PREPARED FOR EXTREME HEAT

Extreme heat often results
in the highest annual
number of deaths among all
weather-related disasters.



FEMA

FEMA V-1004/June 2018

In most of the U.S., extreme heat is a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees.



Greater risk.



Can happen anywhere.



Humidity increases the feeling of heat as measured by a heat index.

IF YOU ARE UNDER AN EXTREME HEAT WARNING

Find air conditioning, if possible.



Check on family members and neighbors.

Avoid strenuous activities.



Drink plenty of fluids.

Watch for heat illness.



Watch for heat cramps, heat exhaustion, and heat stroke.

Wear light clothing.



Never leave people or pets in a closed car.

HOW TO STAY SAFE WHEN EXTREME HEAT THREATENS



Find places in your community where you can go to get cool.

Try to keep your home cool:

- 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/learning.html

Take an Active Role in Your Safety

Go to Ready.gov and search for **extreme heat**. Download the **FEMA app** to get more information about preparing for **extreme heat**.



Never leave a child, adult, or animal alone inside a vehicle on a warm day.

Find places with air conditioning.

Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.

If you're outside, find shade. Wear a hat wide enough to protect your face.

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.

Do not use electric fans when the temperature outside is more than 95 degrees. Fans create air flow and a false sense of comfort, but do not reduce body temperature.

Avoid high-energy activities.

Check yourself, family members, and neighbors for signs of heat-related illness.



Know the signs and ways to treat heat-related illness.

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. Get medical help if cramps last more than an hour.

Heat Exhaustion

- **Signs:** Heavy sweating, pale/nausea, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.
- **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. Get medical help if symptoms get worse or last more than an hour.

Heat Stroke

- **Signs:** Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and 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.





National Lightning Safety Council

National Lightning Safety Awareness Week June 19 - 25, 2022

NATIONAL LIGHTNING SAFETY AWARENESS WEEK WAS STARTED IN 2001 TO CALL ATTENTION TO THIS UNDERRATED KILLER. SINCE THEN, U.S. LIGHTNING FATALITIES HAVE DROPPED FROM ABOUT 55 PER YEAR TO LESS THAN 30. THIS REDUCTION IN FATALITIES IS LARGELY DUE TO GREATER AWARENESS OF THE LIGHTNING DANGER, AND PEOPLE SEEKING SAFETY WHEN THUNDERSTORMS THREATEN. DURING NATIONAL LIGHTNING SAFETY AWARENESS WEEK, WE ENCOURAGE YOU TO LEARN MORE ABOUT LIGHTNING AND LIGHTNING SAFETY.

There is no safe place outside when thunderstorms are in the area. If you hear thunder, you are likely within striking distance of the storm. Just remember, ***“When Thunder Roars, Go Indoors!”*** Too many people wait far too long to get to a safe place when thunderstorms approach. Unfortunately, these delayed actions lead to many of the lightning deaths and injuries in the U.S.

The best way for you to protect yourself from lightning is to avoid the threat. You simply don't want to be caught outside in a storm. Have a lightning safety plan, and cancel or postpone activities early if thunderstorms are expected. Monitor weather conditions and get to a safe place before the weather becomes threatening. Substantial buildings and hard-topped vehicles are safe options. Rain shelters, small sheds, and open vehicles are not safe.

When inside, do not touch anything that is plugged into an electrical outlet, plumbing, and corded phones. Cell phones and cordless phones are safe. Also, keep away from outside doors and windows and do not lie on a garage floor.

Understanding the Threat

The threat that someone will be struck by lightning depends on their behavior when thunderstorms are in the area. The graphs below provide some insight into why and when people are struck by lightning and what can do to lower their risk.

In the first graph, the threat of lightning increases as a thunderstorm approaches, reaches a peak when the storm is overhead, and then gradually diminishes as the storm moves away. At the same time, it's people's behavior that determines the risk of a fatal lightning strike. While some people move inside at the first signs of a thunderstorm, many people wait far too long to get to a safe place. Some wait until the thunderstorm is overhead and it starts to rain. Others, due to poor planning, are caught outside and can't get to a safe place. Although most people get inside, some put themselves at risk by touching items that could become electrified by a nearby lightning strike. Finally, many people go outside too soon after the storm has seemingly passed, often only waiting for the rain to become lighter or end. It is all of these unsafe behaviors that put people at risk when thunderstorm are in the area.

Lightning Safety: Outdoor Activities



There is little you can do to substantially reduce your risk if you are outside in a thunderstorm. The only completely safe action is to get inside a safe building or vehicle.

When a Safe Location is *not* Nearby

If you **absolutely** cannot get to safety, you can *slightly* lessen the threat of being struck with the following tips. But don't kid yourself--you are NOT safe outside. Know the weather patterns of the area you plan to visit. For example, in mountainous areas, thunderstorms typically develop in the early afternoon, so plan to hike early in the day and be down the mountain by noon. Listen to the weather forecast for the outdoor area you plan to visit. The forecast may be very different from the one near your home. If there is a high chance of thunderstorms, stay inside.

- Avoid open fields, the top of a hill or a ridge top.
- Stay away from tall, isolated trees or other tall objects. If you are in a forest, stay near a lower stand of trees.
- If you are in a group, spread out to avoid the current traveling between group members.
- If you are camping in an open area, set up camp in a valley, ravine or other low area.
Remember, a tent offers NO protection from lightning.
- Stay away from water, wet items, such as ropes, and metal objects, such as fences and poles. Water and metal do not attract lightning but they are excellent conductors of electricity. The current from a lightning flash will easily travel for long distances.

Lightning Safety: Indoors

Safe shelters are buildings with electricity and plumbing or metal-topped vehicles with the windows closed. Picnic shelters, dugouts and small buildings without plumbing or electricity are not safe. Below are some key safety tips for you, your pets and your home. There are three main ways lightning enters structures: a direct strike, through wires or pipes that extend outside the structure or through the ground. Once in a structure, lightning can travel through the electrical, phone, plumbing, and radio/television reception systems. Lightning can also travel through any metal wires or bars in concrete walls or flooring..

- Stay off corded phones. You can use cellular or cordless phones.
- Don't touch electrical equipment such as computers, TVs, or cords. You can use remote controls safely.
- Avoid plumbing. Do not wash your hands, take a shower or wash dishes.
- Stay away from exterior windows and doors that might contain metal components leading from outside your home to the inside.
- Stay off balconies, porches and out of open garages or car ports.
- Do not lie on concrete floors or lean against concrete walls.
- Protect your pets: Dog houses are not safe shelters. Dogs that are chained to trees or on metal runners are particularly vulnerable to lightning strikes.
- Protect your property: Lightning generates electric surges that can damage electronic equipment some distance from the actual strike. Typical surge protectors will not protect equipment from a lightning strike. **Do not** unplug equipment during a thunderstorm as there is a risk you could be struck.

Lightning Safety and Outdoor Sports Activities

It's a common situation — a thunderstorm is approaching or nearby. Are conditions outside safe, or is it time to head for safe place? Not wanting to appear overly cautious, many people wait far too long before reacting to this potentially deadly weather threat.

Anyone who is outside in the summer needs to understand some basic information about lightning. Each year, thunderstorms produce an estimated 20 to 25 million cloud-to-ground lightning flashes in the United States — each one of those flashes is a potential killer. Some of those flashes strike directly under the storm where it is raining, but some of the flashes reach out away from the storm where people perceive the lightning threat to be low or nonexistent, and catch people by surprise.

Based on cases documented by the National Weather Service in recent years, about 30 people are killed by lightning each year and hundreds more are injured, some suffering devastating neurological injuries that persist for the rest of their lives. About two thirds of the deaths are associated with outdoor recreational activities.

Officials responsible for sports outdoor activities need to understand thunderstorms and lightning to make educated decisions on when to seek safety. Without this knowledge, officials may base their decisions on personal experience and or a desire to complete the activity. Unfortunately, decisions based on past experience or a desire to complete the activity can put the lives of those involved at risk.

For organized outdoor activities, the National Weather Service recommends that organizers have a lightning safety plan and follow it without exception. The plan should give clear and specific safety guidelines to eliminate errors in judgment. These guidelines should address the following questions.

- When should activities be stopped?
- Where should people go for safety?
- When should activities be resumed?
- Who should monitor the weather and make the decision to stop activities?
- What should be done if someone is struck by lightning?

Before an activity or event, organizers should listen to the latest forecast to determine the likelihood of thunderstorms. There are many good sources of up-to-date weather information including NOAA Weather Radio. If thunderstorms are forecast, organizers should consider canceling or postponing the activity or event. In some cases, the event can be moved indoors. Once people start to arrive at an event, the guidelines in the lightning safety plan should be followed. Officials should monitor weather conditions, weather radar, and lightning detection technology for developing or approaching storms. Below is some information to consider when making a lightning safety plan. In addition, NOAA has developed [lightning safety toolkits](#) for organizations and venues to use in making a plan. Below are some of the considerations in making a lightning safety plan.

When should activities be stopped?

In general, a significant lightning threat extends outward from the base of a thunderstorm cloud about 6 to 10 miles. It's important to account for the time it will take for everyone to get to safety. Here are some criteria that could be used to stop activities.

- **If you see lightning.** The ability to see lightning varies depending on the time of day, weather conditions, and obstructions such as trees, mountains, etc. In clear air, and especially at night, lightning can be seen from storms more than 10 miles away provided that obstructions don't limit the view of the thunderstorm.
- **If you hear thunder.** Thunder can usually be heard for a distance of about 10 miles provided that there is no background noise. Traffic, wind, and precipitation may limit the ability to hear thunder to less than 10 miles. If you hear thunder, though, it's a safe bet that the storm is within ten miles.
- **If the skies look threatening.** Thunderstorms can develop directly overhead and some storms may develop lightning just as they move into an area.

Where should people go for safe shelter?

There is no place outside that is safe when a thunderstorm is in the area. Stop the activity immediately and get to a safe place immediately. Substantial buildings with wiring and plumbing provide the greatest amount of protection. Office buildings, schools, and homes are examples of buildings that would offer good protection. Once inside, stay away from windows and doors and anything that conducts electricity such as corded phones, wiring, plumbing, and anything connected to these. **Note that small outdoor buildings including dugouts, rain shelters, sheds, etc., are NOT SAFE.** In the absence of a substantial building, a hard-topped metal vehicle with the windows closed provides good protection.

When should activities be resumed?

Because electrical charges can linger in clouds after a thunderstorm has seemingly passed, experts agree that people should wait at least 30 minutes after the last thunder before resuming outdoor activities.

Who should monitor the weather and make decisions?

Lightning safety plans should specify that someone be designated to monitor the weather for lightning. The lightning monitor should **not** be the coach, umpire, or referee, because these people will be busy and can't adequately monitor conditions. The lightning monitor must know the plan's guidelines and be empowered to assure that the guidelines are followed.

What should be done if someone is struck by lightning?

Most victims can survive a lightning strike; however, they need immediate medical attention. Call 911 for medical help. Victims do not carry an electrical charge. In many cases, the victim's heart and/or breathing may have stopped. CPR or an AED may be needed to revive them. Continue to monitor the victim until medical help arrives. If possible, move the victim to a safer place inside away from the threat of another lightning strike.

Protecting Your home from Lightning

THOUSANDS OF HOMES AND OTHER STRUCTURES ARE STRUCK BY LIGHTNING EVERY YEAR. LIGHTNING ALSO CAUSES MANY STRUCTURE FIRES AND WILD FIRES. IN ADDITION, LIGHTNING DAMAGES MILLIONS OF DOLLARS OF ELECTRONIC EQUIPMENT EVERY YEAR. LEARN WHAT YOU CAN DO TO HELP PROTECT YOUR HOME AND PROPERTY.



Lightning rods (and the accompanying protection system) are designed to protect a house or building from a direct lightning strike and, in particular, a lightning-initiated fire. Note that lightning protection systems do not prevent lightning from striking the structure, but rather intercept a lightning strike, provide a conductive path for the harmful electrical discharge to follow (the appropriate UL-listed copper or aluminum cable), and disperse the energy safely into the ground (grounding network). It's very important that these components be properly connected (bonded) to minimize the chances for any sparks or side flashes.

While lightning rods help protect a structure from a direct lightning strike, a complete lightning protection system is needed to help prevent harmful electrical surges and possible fires caused by lightning entering a structure via wires and pipes. A complete system also includes electrical surge protection devices for incoming power, data, and communication lines; and surge protection devices for vulnerable appliances. Lightning protection may also be needed for gas piping.

Any lightning protection system should follow the national safety standards and requirements of the Lightning Protection Institute, National Fire Protection Association, and Underwriters Laboratories.



Radio Amateur Civil Emergency Services (RACES)



RACES / CERT Comms Group SITREP

June 2022

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

The next meeting is Thursday, June 2

Location: OEM Lecture Hall

Any questions you can contact us at nassaucountyny.races@gmail.com

June 2022

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

Important CERT Dates

Division 1 Meeting

June 1


Time: 7:30pm

RACES Meeting

June 2

Time: 7:30 pm

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3		5	6	7 RACES Meeting 7:30pm	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 7

Time: 7:30 pm



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PLEASE HELP US RECRUIT NEW MEMBERS!!