



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

CERT



NASSAU COUNTY



CERT Monthly Newsletter

MAY 2022

**CERT
 IS WHAT
 YOU**



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

Dear Members,

Congratulations to these who completed the recent CERT Basic class. On Thursday, April 21, we had the graduation ceremony for twenty-nine new members who completed the CERT Basic Class. We welcome them to the CERT family and looking forward to their help and assistance.

Thank you to all who volunteered to work The Long Island Marathon which was Sunday, May 1. The event was successful with no major incidents or problems.

Also the plans are being finalized for the Bethpage Air Show at Jones Beach. The event is Saturday, May 28th and Sunday, May 29th. No final decision has been made with regards to CERT participation. When a decision is made we will notify everyone.

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

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

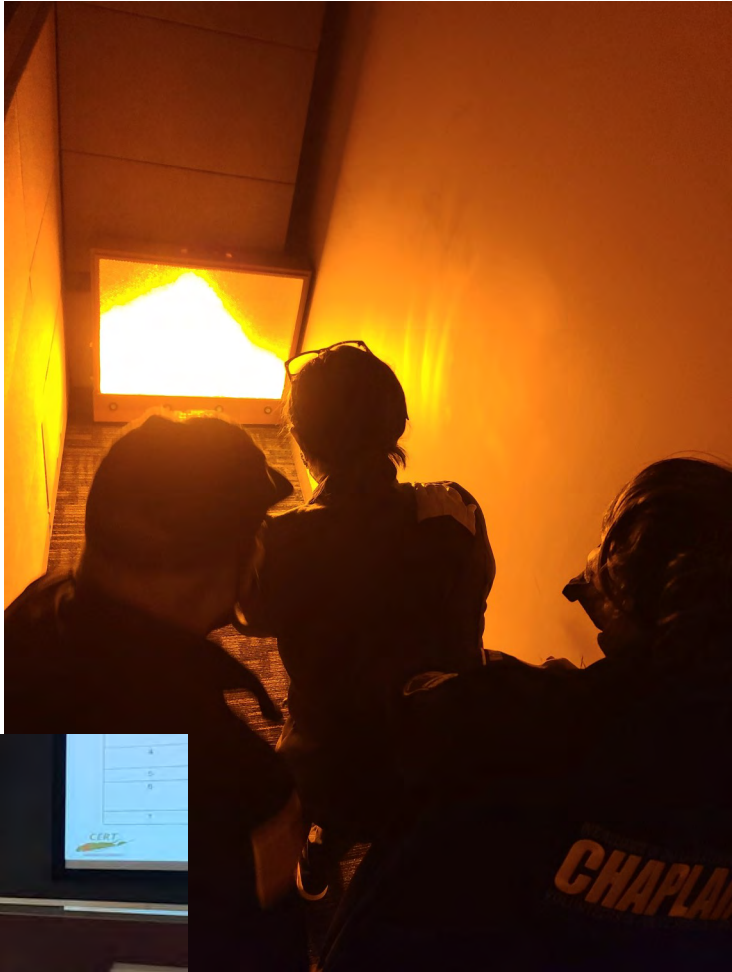
Best regards
 Bob & Rick

CERT Basic Training Class



CERT Class
Team Building Exercise

CERT Class
Fire Extinguisher Exercise



CERT Class
Opening the Airway Exercise

CERT Basic Training Class



Legislator Rose Walker
and
Legislator Laura Schaefer



CERT
Spring 2022
Graduating Class



Radio Amateur Civil Emergency Services (RACES)



RACES / CERT Comms Group SITREP

May 2022

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

The next meeting is Thursday, May 5

Location: OEM Lecture Hall

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

RADIO OPERATORS NEEDED

New CERT members,

Now that you are now a member of the Nassau County CERT program you may want to continue your journey and become a member of the CERT Communications Group. These are CERT'S interested in learning more about two way radio communications. You can also become a General Mobile Radio Service (GMRS) radio operator by applying for your license with the Federal Communications Commission. Maybe you are interested joining Nassau County's Radio Amateur Emergency Service (RACES) by becoming a HAM radio operator. In order to join RACES you will need to study and pass your Amateur Radio Technician Class License.

For more information on applying for a GMRS license go to:

www.fcc.gov/wireless/bureau-divisions/mobility-division/general-mobile-radio-service-gmrs

Interested in becoming a member of RACES and a HAM radio operator you can go to: www.nassauraces.net

Please feel free to email us at nassaucountyny.races@gmail.com . We can help you with either option.

Our meetings will return to the lecture hall at 510 Grumman Road West, Bethpage NY 11714 on Thursday May 5th at 7:30 pm. Meetings are always the first Thursday of the month. We look forward to seeing you there.

Sincerely,

Robert Long KC2PSN

Nassau County RACES Chief Radio Officer

Charity scams: 9 tips to help avoid fakes

Scammers have long relied on the good intentions of Americans to trick them into giving money to fake charities. For example, a variety of charity scams related to the Ukraine crisis have appeared, often claiming to seek donations for humanitarian aid. You can help avoid falling victim to a fake charity scam by asking the right questions when an organization or person asks for donations and by recognizing some of the tell-tale signs of this popular scam.



How does a charitable-giving scam work?

Fake charity scams prey on your goodwill and generosity. Scammers might pretend to be representatives of a legitimate charity. They'll call you, email you, or approach you on the street for donations. When you give, it's likely your money will end up in the scammers' pockets and not with the charity you were hoping to support.

Other scammers will make up their own charity names. They might even set up [fake website](#) that look much like the sites run by legitimate charitable organizations. The goal, again, is to get you to make a donation not to a real charity, but to them.

Fake charity scams can be a lucrative because so many people do want to support legitimate charities. According to Giving USA, U.S. residents donated a record \$471 billion to charities in 2020. That's a lot of giving, which makes charity scams especially attractive to scammers.

How charity scams could lead to identity theft

Those running charity scams don't only go for your money, either. Some scammers will ask you to provide personal or financial information such as your Social Security number, bank account information, or credit card numbers. And that can lead to identity theft.

Armed with this information, these criminals can make fraudulent purchases with your credit card, tap your bank accounts, or take out loans in your name.

It's important, then, to be alert when asked to donate money to charity. Making sure that the charity reaching out to you is legitimate is one of the best ways to protect yourself from criminals.

Remember to stay alert in times of crisis

It's always important to watch for these fake charity scams. But in times of a crisis, when people have an increased desire to want to help by giving, it's even more important to be alert. You can bet that scammers are already trying to trick people into giving their dollars or personal information to fraudulent charities.

To help avoid becoming a victim, do your research before giving to any charity and be on the lookout for some of these red flags of fraud.

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How to identify charity scams

Here are nine tips you can use to help identify charity scams and avoid them.

1. Take time to research

Before you give to any charity, do the research necessary to verify that the organization is legitimate. A good place to start is by checking the lists run by watchdog groups such as [CharityWatch](#), [CharityNavigator](#), and the [Wise Giving Alliance](#) run by the Better Business Bureau.

You can also check your individual state's [charity regulator](#) to verify that a charitable organization you are considering donating to is allowed to raise money in your state.

2. Add key search terms

The Federal Trade Commission recommends that you search online to help narrow down whether a charity is legitimate.

Say a charity contacts you seeking relief for homeless children. Type into your favorite search engine the charity name you've been given plus words such as "complaints," "review", or "scam."

If you find many complaints or charges that the "charity" that has reached out to you is a scam, it's wise to avoid giving it any of your dollars.

3. Look for warning signs

AARP says that there are several warning signs of a fake charity. If someone calls you on the phone and pressures you to give money immediately, that's a good sign that the "charity" you are dealing with likely isn't legit.

Real charities won't pressure you to give immediately. They'll take your dollars whenever you are ready to give them.

4. Watch for payment methods

Be wary, too, if a representative from a charitable organization asks you to pay by wire transfer, cash, or through a gift card.

AARP says that these are the most common payment methods requested by scammers. Why? Because these payment methods are more difficult to trace.

5. Beware of bogus thank-you emails

Be suspicious, too, of emailed thank-you letters from charities you don't remember supporting in the past.

Scammers often try to trick you into giving by convincing you that you have supported their fraudulent organizations in the past.

6. Take caution with emails

Charity Navigator recommends that you be especially cautious when dealing with emails from charitable organizations. Email is the preferred method of communication by many scammers, and Charity Navigator says that fraudsters are often skilled at creating websites and email messages that mimic those of legitimate charities.

7. Consider donating directly

Charity Navigator says that you should never give money to a charity just because they sent you an email. If you do want to give, contact a charity directly to learn more about its needs and where it is sending donations.

8. Guard your personal information

Never provide anyone saying they are from a charity with your financial information. Legitimate charities won't ask for your bank account information or credit card numbers by phone or through email.

And be suspicious of charities that ask you wire money overseas, too. Charity Navigator says that this is a common scam.

9. Delete emails with attachments

Charity Navigator says that you should immediately delete emails supposedly from charities that contain attachments. These attachments often contain viruses and malware that can infect your computer.

Remember to stay alert in times of crisis

It's always important to watch for these fake charity scams. But in times of a crisis, when people have an increased desire to want to help by giving, it's even more important to be alert. You can bet that scammers are already trying to trick people into giving their dollars or personal information to fraudulent charities.

To help avoid becoming a victim, do your research before giving to any charity and be on the lookout for some of these red flags of fraud.



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.

Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses

Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter the weather. Why? Sun exposure can cause sunburn, skin aging (such as skin spots, wrinkles, or "leathery skin"), eye damage, and skin cancer, the most common of all cancers.

Skin cancer is on the rise in the U.S. The [National Cancer Institute SEER Program](#) projects there will be 106,110 new cases of skin melanomas and 7,180 deaths in 2021.

Skin cancer is the most common form of cancer in the U.S. In 2018, there were an estimated 1.3 million people living with melanoma of the skin in the U.S. About 4.3 million people are treated for basal cell cancer and squamous cell skin cancer in the U.S. every year, according to a report from the Office of the Surgeon General.



The U.S. Food and Drug Administration continues to [evaluate sunscreen products](#) to ensure that they are safe and effective and so that available sunscreens help protect consumers from sunburn and, for broad spectrum products with sun protection factor (SPF) values of at least 15, from skin cancer and early skin aging caused by the sun when used as directed with other sun protection measures.

Lower Your Risk for Sunburn, Skin Cancer, and Early Skin Aging

Sun damage to the body is caused by invisible ultraviolet (UV) radiation. Sunburn is a type of skin damage caused by the sun. Tanning is also a sign of the skin reacting to potentially damaging UV radiation by producing additional pigmentation that provides it with some, but often not enough, protection against sunburn.

Spending time in the sun increases your risk of skin cancer and early skin aging. People of all skin colors are at risk for this damage. You can reduce your risk by:

- Limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Wearing clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats. Sun-protective clothing is now available. (The FDA regulates these products only if they are intended to be used for medical purposes.)
- Using broad spectrum sunscreens with a SPF value of 15 or higher regularly and as directed. (Broad spectrum sunscreens offer protection against both UVA and UVB rays, two types of the sun's ultraviolet radiation.)
- Reading the label to ensure you use your sunscreen correctly.
- Consulting a health care professional before applying sunscreen to infants younger than 6 months.

In general, the FDA recommends that you use broad spectrum sunscreen with an SPF of 15 or higher, even on cloudy days.

- Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips (but avoid putting it inside your mouth and eyes).
- Reapply at least every two hours. Apply more often if you're swimming or sweating. (Read the label for your specific sunscreen. An average-size adult or child needs at least one ounce of sunscreen, about the amount it takes to fill a shot glass, to evenly cover the body.)
- If you don't have much hair, apply sunscreen to the top of your head or wear a hat.
- No sunscreen completely blocks UV radiation. So other protections are needed, such as protective clothing, sunglasses, and staying in the shade.
- No sunscreen is waterproof.

Sunscreen is available as lotions, creams, sticks, gels, oils, butters, pastes, and sprays. Sunscreen products in forms including wipes, towelettes, body washes, and shampoos that are marketed without an FDA-approved application remain subject to regulatory action.

Read Sunscreen Labels

Although UVB rays are the primary cause of sunburn, both UVA and UVB rays contribute to skin cancer. All sunscreens help protect against sunburn. But only those that are broad spectrum have been shown to also reduce the risk of skin cancer and early skin aging caused by the sun when used as directed with other sun protection measures.



Current requirements applicable to sunscreens marketed without approved applications state:

- Products that pass the FDA's broad-spectrum requirements can be labeled "broad spectrum."
- Sunscreens that are not broad spectrum or that lack an SPF of at least 15 must carry a warning: "Skin Cancer/Skin Aging Alert: Spending time in the sun increases your risk of skin cancer and early skin aging. This product has been shown only to help prevent sunburn, not skin cancer or early skin aging."
- Water resistance claims, for 40 or 80 minutes, tell how much time you can expect to get the labeled SPF-level of protection while swimming or sweating.
- Manufacturers may not make claims that their sunscreens are "waterproof" or "sweat proof." If you take medications, ask your health care professional about sun-care precautions. Some medications may increase sun sensitivity. Even on an overcast day, up to 80 percent of the sun's UV rays can get through the clouds. Stay in the shade as much as possible.

Products may not be identified as “sunblocks” or claim instant protection or protection for more than two hours without reapplying.

Risk Factors for Harmful Effects of UV Radiation



People of all skin colors are potentially at risk for sunburn and other harmful effects of UV radiation, so always protect yourself. Be especially careful if you have:

- pale skin
- blond, red, or light brown hair
- been treated for skin cancer
- a family member who has had skin cancer

If you take medications, ask your health care professional about sun-care precautions. Some medications may increase sun sensitivity. Even on an overcast day, up to 80 percent of the sun’s UV rays can get through the clouds. Stay in the shade as much as possible.

The FDA is committed to ensuring that safe and effective sunscreen products are available for consumer use. Because the body of scientific evidence linking UVA exposure to skin cancers and other harms has grown significantly in recent years, in a 2019 proposed rule on sunscreens, the FDA recommended a new requirement that all sunscreen products with SPF values of 15 and above must be broad spectrum, and that as the SPF of these products increases, broad spectrum protection increases as well. The FDA also proposed changes to the labeling of SPF values to make it easier for consumers to compare and choose sunscreen, and to raising the maximum proposed SPF value from SPF 50+ to SPF 60+.

May 2022

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

Important CERT Dates

LI Marathon

May 1

Time: TBD

RACES Meeting

May 5

Time: 7:30 pm

Jones Beach Air Show

May 28 & 29



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



Nassau County CERT Coordinator

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Division 1

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Division 2

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PLEASE HELP US RECRUIT NEW MEMBERS!!