



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

CERT



NASSAU COUNTY



CERT Monthly Newsletter

SEPTEMBER 2022

**CERT
 IS WHAT
 YOU
 MAKE IT**



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

Dear Members,

This year Sunday, September 11, marks the 21st anniversary of that day that changed our lives and attacked our freedom. For many of us our lives have gone back to what is somewhat normal, however for some it was like yesterday. Many are still suffering, both physically and physiologically from the events of that day. On Sunday, September 11 let each of us take time out from our busy schedules to reflect and remember all our loved ones, family and friends who were lost that day and those that are still feeling the effects.

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

2022 Theme: A Lasting Legacy

The life you've built is worth protecting. Prepare for disasters to create a lasting legacy for you and your family.

We have had a great response with 35 students registered for the next CERT Basic class which begins on Wednesday September 14th at 6:30pm. Classes to be held at the Rockville Centre Recreation Center, 111 North Oceanside Road, Rockville Centre, NY 11570. While there is very strong interest in the class, we continue to recruit additional students. If you know anyone who may be interested, please refer them to us via ocemcert@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



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)



August 11th meeting

The August RACES meeting was held on August 11, 2022 due to a scheduling conflict. RACES, CERT as well as members from our sister organizations were in attendance. After the business portion of the meeting our attention turned to training. As you all know we are in the midst of Hurricane Season, with that brings an increased possibility of being activated by OEM. That is why we focused on ICS forms. Mike KD2KOE, RACES planning/training officer, shown in the photo above along with Bob KC2PSN, RACES Chief Radio Officer, presented this training. This was a review for some and an introduction to others.

Besides an overview of why ICS forms are used with plain language, we highlighted the forms most often used by our members in the EOC and in the field. These forms are the 201, 205, 213, 214, 309 as well as an After Action Report (AAR) and of course the dreaded sign in-sheet were gone over in great detail. All that attended found it educational and now have a better understanding of how and why these form are used to document our response to trainings and/or activations.

Do you know how and when to use these forms? If you would like to expand your knowledge on this topic or interested in becoming a CERT Communications or RACES member you should consider attending the next meeting/training. RACES meetings are held on the first Thursday of the month at 19:30 hours in the lecture hall. Our meeting are open to all that wish to attend.

As a reminder the next CERT Basic Class is being held at The Rockville Recreation Center 111 North Ocean- side Rd, Rockville Centre, NY 11570. Class dates: September 14, 21, 28 (28th held at OEM), October 12, 19, 26, and November 2. Refresh your communication skills by attending the Basic Radio Class on September 21st.

Should you have any questions or need further information you can go to www.nassauraces.net or contact us via email at nassaucountyny.races@gmail.com.

73

Bob Long KC2PSN
RACES Chief Radio Officer



If you SEE Something SAY Something



“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.

Make A Plan

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which [types of disasters](#) could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

Step 1: Put a plan together by discussing the questions below with your family, friends or household to start your emergency plan.

How will I receive [emergency alerts and warnings](#)?

What is my [shelter](#) plan?

What is my [shelter](#) plan?

What is my [evacuation](#) route?

What is my [family/household communication plan](#)?

Do I need to update my [emergency preparedness kit](#)?

Step 2: Consider specific needs in your household.

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets or specific needs like operating medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children

Step 3: Create a Family Emergency Plan

Follow the links below to make a Family Communication Plan quickly and easily with our fillable form or download paper forms that can be posted in your home. Forms are available in multiple languages.

<https://www.ready.gov/plan-form>

<https://www.ready.gov/plan>

Step 4: Practice your plan with your family/household



2022
National
Preparedness
Month

Protect Your Legacy

How will I receive my alerts and warnings?

When emergencies strike, public safety officials use timely and reliable systems to alert you. This page describes different warning alerts you can get and how to get them.

Wireless Emergency Alerts (WEAs)

Wireless Emergency Alerts (WEAs) are short emergency messages from authorized federal, state, local, tribal and territorial public alerting authorities that can be broadcast from cell towers to any WEA-enabled mobile device in a locally targeted area. WEAs can be sent by state and local public safety officials, the National Weather Service, the National Center for Missing and Exploited Children and the President of the United States.



- WEAs look like text messages but are designed to get your attention with a unique sound and vibration repeated twice.
- WEAs are no more than 360 characters and include the type and time of the alert, any action you should take and the agency issuing the alert.
- WEAs are not affected by network congestion and will not disrupt texts, calls or data sessions that are in progress.
- You are not charged for receiving WEAs and there is no need to subscribe.

If you are not receiving WEAs here are some tips to troubleshoot your mobile device:

1. Check the settings on your mobile device and review your user manual (you may be able to find this online too).

- Older phones may not be WEA capable, and some cell phone models require you to enable WEAs.
- Some mobile service providers call these messages “Government Alerts,” or “Emergency Alert Messages.”

1.

- **Check with your wireless provider to see if they can resolve the issue.**
- All major phone providers and some smaller providers participate in WEA.
- Federal Communications Commission (FCC) registry of WEA providers.

To provide comments or concerns about WEAs sent in your area contact local officials directly.

Emergency Alert System (EAS)

The [Emergency Alert System \(EAS\)](#) is a national public warning system that allows the president to address the nation within 10 minutes during a national emergency. [State and local authorities](#) may also use the system to deliver important emergency information such as weather information, imminent threats, AMBER alerts and local incident information targeted to specific areas.



- The EAS is sent through broadcasters, satellite digital audio services, direct broadcast satellite providers, cable television systems and wireless cable systems.
- The President has sole responsibility for determining when the national-level EAS will be activated. FEMA and the FCC are responsible for national-level tests and exercises.
- The EAS is also used when all other means of alerting the public are unavailable.

NOAA Weather Radio (NWR)

[NOAA Weather Radio All Hazards \(NWR\)](#) is a nationwide network of radio stations that broadcast continuous weather information from the nearest National Weather Service office based on your physical location.



- NWR broadcasts official warnings, watches, forecasts and other hazard information 24 hours a day, seven days a week.
- NWR also broadcasts alerts of non-weather emergencies such as national security or public safety threats through the Emergency Alert System.

FEMA Mobile App

The [FEMA App](#) allows you to receive real-time weather and emergency alerts, send notifications to loved ones, locate emergency shelters in your area, get preparedness strategies and more.



- Receive real-time weather and emergency alerts from the National Weather Service for up to five locations nationwide.
- Find a nearby shelter if you need to evacuate to a safe space.
- Find out if your location is eligible for FEMA assistance, find Disaster Recovery Center locations, and get answers to your most pressing questions.

What is my Shelter Plan?

Shelter

Sheltering is appropriate when conditions require that you seek protection in your home, where you work or other location when other emergencies arise. The length of time you are required to take shelter may be short, such as during a tornado warning, or during a pandemic. In all cases, it is important that you stay informed and follow the instructions of local authorities.

During extended periods of sheltering you will need to manage water and food supplies to make sure you and your family have what you need to get by. Read more about [managing water](#) and [managing food](#).

Choosing to take shelter is necessary in many emergencies. This can mean: Stay-At- Home, Going to a Mass Care Shelter, or Sheltering in Place. Here's the distinction:

Mass Care Shelter

Mass care shelters provide life sustaining services to disaster survivors. Even though mass care shelters often provide water, food, medicine and basic sanitary facilities, you should plan to take your [emergency supply kit](#) with you so you will have the supplies you need. Mass care sheltering can involve living with many people in a confined space, which can be difficult and unpleasant.

Be prepared to take [cleaning items with you like](#), soap, hand sanitizer, disinfecting wipes or general household cleaning supplies to [disinfect surfaces](#).

- All shelters accept service animals, but 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.

Search for open shelters by texting **SHELTER** and your **ZIP code** to **43362**. Example: Shelter **01234** (standard rates apply).

Learn more by visiting: <http://www.disasterassistance.gov/>.

Sheltering in Place

Whether you are at home, work or anywhere else you frequent regularly, there may be situations when it's best to stay where you are and avoid any uncertainty outside.

Here are some indicators and steps to take if the situation arises:

- Use common sense and available information to assess the situation and determine if there is immediate danger.
- If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated you may want to take this kind of action.

Here are some tips for sheltering in place:

- Local authorities may not immediately be able to provide information on what is happening and what you should do.
- Pay attention to local media outlets for official news and instructions as they become available.
- Bring your family and pets inside.
- Lock doors, close windows, air vents and fireplace dampers.
- Turn off fans, air conditioning and forced air heating systems.
- Take your emergency supply kit unless you have reason to believe it has been contaminated.
- Go into an interior room with few windows if possible.
- Seal all windows, doors and air vents with thick plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.
- Cut the plastic sheeting several inches wider than the openings and label each sheet.
- Duct tape plastic at corners first and then tape down all edges.
- Be prepared to improvise and use what you have on hand to seal gaps so that you create a barrier between yourself and any contamination.

“Sealing a room” is considered a temporary protective measure to create a barrier between you and potentially contaminated air outside. This type of sheltering in place requires pre-planning, by purchasing plastic sheeting and duct tape that you would keep in your [emergency supply kit](#).

Stay-at-Home

- Remain indoors as much as possible and try to only leave your home when necessary. You can still use outdoor spaces such as patios, porches and yards.
- Outdoor activities such as walking, jogging and exercise are fine if you practice social distancing.
- Essential services such as grocery shopping, the gas station, pharmacies and going to the Post Office are still fine to do.
- Limit visitors if possible. Try to use video chatting. Call the people you would normally text.

Plan to Evacuate

Many kinds of emergencies can cause you to have to evacuate. In some cases, you may have a day or two to prepare while other situations might call for an immediate evacuation. Planning is vital to making sure that you can evacuate quickly and safely no matter what the circumstances.

Before an Evacuation

- Learn the types of disasters that are likely in your community and the local emergency, evacuation and shelter plans for each specific disaster.

Plan how you will leave and where you will go if you are advised to evacuate.

- Check with local officials about what shelter spaces are available for this year. Coronavirus may have altered your community's plans.

If you evacuate to a community shelter, follow the latest guidelines from the [Centers for Disease Control and Prevention \(CDC\)](#) for protecting yourself and your family from possible coronavirus: people over 2-years-old should use a cloth facial covering while at these facilities.

Be prepared to take cleaning items with you like masks, soap, hand sanitizer, disinfecting wipes or general household cleaning supplies to [disinfect surfaces](#).

- Maintain at least 6 feet of space between you and people who aren't in your immediate family.

- Identify several places you could go in an emergency such as a friend's home in another town or a motel. Choose destinations in different directions so that you have options during an emergency.

If needed, identify a place to stay that will accept [pets](#). Most public shelters allow only service animals.

- Be familiar with alternate routes and other means of transportation out of your area.
- Always follow the instructions of local officials and remember that your evacuation route may be on foot depending on the type of disaster.
- Come up with a family/household plan to stay in touch in case you become separated; have a meeting place and update it depending on the circumstance.
- Assemble supplies that are ready for evacuation. Prepare a "go-bag" you can carry when you evacuate on foot or public transportation and supplies for traveling longer distances if you have a car.
- If you have a car:
 - Keep a full tank of gas if an evacuation seems likely. Keep a half tank of gas in it at all times in case of an unexpected need to evacuate. Gas stations may be closed during emergencies and unable to pump gas during power outages. Plan to take one car per family to reduce congestion and delay.
 - Make sure you have a portable [emergency kit in the car](#).
- If you do not have a car, plan how you will leave if needed. Decide with family, friends or your local emergency management office to see what resources may be available.

During an Evacuation

Download the [FEMA app](#) for a list of open shelters during an active disaster in your local area.

- Listen to a battery-powered radio and follow local evacuation instructions.

Take your [emergency supply kit](#).

- Leave early enough to avoid being trapped by severe weather.

Take your pets with you but understand that only service animals may be allowed in public shelters. [Plan how you will care for your pets in an emergency now](#).

- If time allows:
- Call or email the out-of-state contact in your [family communications plan](#). Tell them where you are going.
- Secure your home by closing and locking doors and windows.
- Unplug electrical equipment such as radios, televisions and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding. If there is damage to your home and you are instructed to do so, shut off water, gas and electricity before leaving.
- Leave a note telling others when you left and where you are going.
- Wear sturdy shoes and clothing that provides some protection such as long pants, long-sleeved shirts and a hat.
- Check with neighbors who may need a ride.
- Follow recommended evacuation routes. Do not take shortcuts, they may be blocked.
- Be alert for road hazards such as washed-out roads or bridges and downed power lines. Do not drive into flooded areas.

After an Evacuation

If you evacuated for the storm, check with local officials both where you're staying and back home before you travel.

- If you are returning to disaster-affected areas, after significant events prepare for disruptions to daily activities and remember that returning home before storm debris is cleared is dangerous.
- Let friends and family know before you leave and when you arrive.
- Charge devices and consider getting back-up batteries in case power-outages continue.
- Fill up your gas tank and consider downloading a fuel app to check for outages along your route.
- Bring supplies such as water and non-perishable food for the car ride.
- Avoid downed power or utility lines, they may be live with deadly voltage. Stay away and report them immediately to your power or utility company.
- Only use generators outside and away from your home and NEVER run a generator inside a home or garage or connect it to your home's electrical system.

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
	12	13	14 CERT Basic Class #1	15 	16	17
18	19	20 	21 CERT Basic Class #2	22	23	24
25	26	27	28 CERT Basic Class #3	29	30	1

Important CERT Dates

RACES Meeting

Sept 1st

Time: 7:30 pm

CERT Division 1 Meeting

Sept 7

Time 7:30 pm

NC Fire Service Academy


Fire Extinguishers Training

Sept 15 & 20

Time 7:30 pm



October 2022

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

Important CERT Dates

RACES Meeting

October 6th

Time: 7:30 pm



Nassau County CERT Coordinator

Bob Chiz & Rick Delucia

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Division 1

Division Supervisor

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Division 2

Division Supervisor

Marvin Stein

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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>