



CERT



NASSAU COUNTY

BRUCE A. BLAKEMAN  
NASSAU COUNTY EXECUTIVE

MONTHLY NEWSLETTER

August 2023

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**COUNTY, STATE & FEDERAL ONE TEAM**



# Summer Heat, No Sweat

As climate change continues to amplify the severity and duration of heatwaves across the globe, the need to understand and implement survival techniques for extreme summer heat becomes increasingly essential. This article aims to share valuable survival strategies for these adverse conditions, focusing on three principal areas: prevention, recognition, and action.

## Prevention: Proactivity as Key

The old adage "prevention is better than cure" is undeniably true when it comes to surviving extreme summer heat. Here are several practical preventive measures one can adopt to help avoid heat-related illnesses.

## Hydration

Stay hydrated. Dehydration exacerbates the effects of heat on the body, increasing susceptibility to heat-related illnesses. Drink plenty of water, even if you're not thirsty, and avoid dehydrating substances like alcohol, caffeine, and high-sugar drinks. For those engaging in physical activity, consider isotonic drinks that can help replenish electrolytes.

## Clothing

Wear light, breathable clothing in colors that reflect heat (white or pastel shades). Opt for materials like cotton or moisture-wicking fabrics that allow for sweat evaporation, helping to naturally cool the body.

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**Sunscreen**

Apply a high-factor sunscreen, ideally SPF 30 or more, to protect your skin from harmful UV radiation. Remember to reapply it every two hours and after swimming or sweating heavily.

**Recognition: Understanding Heat-Related Illnesses**

Recognizing symptoms of heat-related illnesses such as heat stroke, heat exhaustion, and heat cramps can mean the difference between life and death.

**Heat Stroke**

Heat stroke is the most severe form of heat illness. Symptoms include a body temperature above 103°F (39°C), hot and dry skin, a rapid and strong pulse, throbbing headache, dizziness, nausea, confusion, and loss of consciousness.

**Heat Exhaustion**

Heat exhaustion symptoms include heavy sweating, weakness, skin cold, pale and clammy, weak pulse, fainting, and vomiting.

**Heat Cramps**

Heat cramps are muscle pains or spasms - often in the abdomen, arms, or legs - that may occur in association with strenuous activity. If you or anyone around you exhibit these symptoms, it's crucial to act swiftly and seek medical assistance.

**Action: Prompt Response**

The prompt response can significantly improve the outcome of heat-related illnesses. Here are some life-saving actions to consider:

**Move to a Cooler Place**

Get the person to a cooler place, preferably an air-conditioned room. If one isn't available, find a shady spot, or create a makeshift shade.

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### Cool Down

Lower body temperature using whatever means available. This can include applying cold packs to the armpits, groin, neck, and back, or giving a cool bath or shower.

### Hydrate

Rehydrate the body, but avoid giving fluids to an unconscious person. If conscious, the person can take sips of water, a sports drink, or oral rehydration solutions.

### Call for Help

Seek medical attention immediately. While waiting for help to arrive, continue cooling efforts.

In summary, surviving extreme summer heat involves a combination of preventive measures, recognizing heat-related illnesses, and responding promptly. By being proactive, understanding symptoms, and knowing how to respond, we can protect ourselves and others from the harsh effects of heatwaves.

Remember, too, that while these survival techniques are essential, they do not replace the need for collective action to mitigate climate change. Let our adaptation to heatwaves be a reminder of our broader responsibility to our planet and future generations. We need to learn not only how to survive the heat but also how to reduce it.

**EXHAUSTION VS STROKE**  
 CBS4 WEATHER INDIANAPOLIS

FAINT OR DIZZY	THROBBING HEADACHE
EXCESSIVE SWEATING	NO SWEATING
COOL, PALE, CLAMMY SKIN	RED, HOT, DRY SKIN
RAPID, WEAK PULSE	RAPID, STRONG PULSE
MUSCLE CRAMPS	MAY LOSE CONSCIOUSNESS
<b>HEAT EXHAUSTION</b>	<b>HEAT STROKE</b>
- GET TO A COOL, AIR CONDITIONED PLACE - DRINK WATER, IF CONSCIOUS - TAKE A COOL SHOWER OR USE COLD COMPRESS	<b>CALL 9-1-1</b>

For more info visit:  
<https://www.ready.gov/heat>





# Radio Amateur Civil Emergency Services (RACES)



Hello from the RACES and the CERT Communications Group. July 6th was our monthly general membership meeting. The meeting focused on trainings to be held to better prepare our membership and CERT for the upcoming hurricane season which has been upgraded in the number of storms expected this season. One of the trainings discussed was an American Red Cross Damage Assessment Class. After Super Storm Sandy RACES and CERTs went out to conduct damage assessments across Nassau County. The program was very successful and we were given credit for expediting the process. We all hope we will not be hit by another devastating storm but we need to be prepared.

All our general membership meetings and trainings are open to all, so please take advantage of updating a skill set or learn a new one.

Our ICS business meeting training continued with the ICS 217A - Radio frequency assignment / resource planning worksheet. We also conducted a Leadership training after the conclusion of the business portion of our meeting.



It is that time again, time to register as an amateur radio operator for the NYC Triathlon scheduled for the first time in the fall on Sunday October 1st and the NYC Marathon on Sunday November 5th. These are the worlds biggest and best right here in our own back yard. Eventhams is asking anyone interested to go to [www.evnthams.org](http://www.evnthams.org) and register. Even if you are not a ham radio operator there are volunteer opportunities open to you to learn what being an amateur radio operator is all about. You can shadow an experienced radio operator or become a scribe assigned to a mile, just to name a few. Many of us decided to find out what it was all about and have been returning for decades.

If you are interested or just curious about Emergency Communications we invite you to attend our meetings and trainings. The next RACES / CERT Communications meeting will be held on Thursday August 3rd at 7:30pm in the lecture hall, 510 Grumman Road West, Bethpage NY. Hope to see you there.

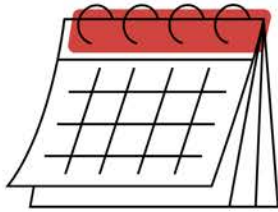
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Michael Arcari  
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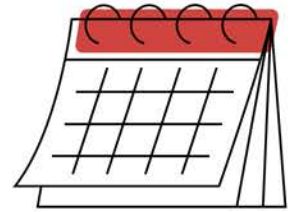
**If you SEE Something SAY Something**







# Planned Events & Trainings



## **New York Brain Tumor Walk - September 29th and 30th**

Recruiting volunteers to help with the New York Brain Tumor Walk on Saturday, September 30 at Jones Beach State Park in Wantagh, NY. Opportunities include event setup, participant check-in, water stops, cheer station, and refreshments, to name a few.

Volunteers are needed to help on **Friday, September 29th and Saturday, September 30th**. Volunteers play an integral role at our events, and we couldn't do it without you. To register as an event volunteer, please visit our event website and choose volunteer as your registration option. Registration for our volunteers is free, but necessary so we get you into our system for when we begin assigning shifts. As we get closer to the event, we'll provide volunteer assignments and additional details. Once registered please send an email to OEMCERT@nassaucountyny.gov to which dates and times that you registered for as we do not have access to the organizations volunteer registration website.

## **September 22nd - Fire Service Academy (FSA) Training Day**

This event will be held at the Nassau County Fire Academy in Bethpage on September 22nd. This will be a training exercise for medical professional from the Medical Center (NUMC). CERT members participated in this event last year and it was a big success. So much so that the Doctor in charge requested the use of our CERT team once again. They are looking for approximately 30 CERT members to volunteer to play victims of an active shooter situation. We will provide more information and send out an official request as it gets closer to the event.

## **\*CERT Basic Class\***

The next CERT Basic Course has been scheduled. It will begin on September 13th and run through October 26, 2023. It will be held at the Lecture Hall at 510 Grumman Road West, Bethpage, NY 11714

Classes will begin at 7:00p.m.

For more info and to sign up, please visit:

**<https://www.nassaucountyny.gov/3250/CERT-Training>**

*Nassau County*

News

**Sink-Hole has been repaired and Grand Ave. is now open to traffic in both directions.**

**Fire breaks out at the Gunther Field Clubhouse on Bellmore Ave. in North Bellmore.**



Smoke billows from the structure as firefighter make entry



North Bellmore Fireman vent the roof of the Gunther Field Clubhouse.

Please send in any photos you have taken of news worthy items or from any CERT events that you have attended and I will select some to be used in the newsletter.

Send images to:

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



# Calendar of Events

## August

S	M	T	W	T	F	S
		1	2	3 RACES Meeting 7:30pm	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## September

S	M	T	W	T	F	S
					1	2
3	4	5	6 Div 1	7 Div 2	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



**CERT Division Meetings**  
**7:00pm**



**RACES Meeting**  
**7:30pm**

### Important Dates

**RACES Meeting** - 7:30pm Thursday, August 3rd, Thursday September 7th

**CERT Division 1 Meeting** - Wednesday September 6th at 7:00pm

**CERT Division 2 Meeting** - Thursday September 7th at 7:15pm

Meeting will be held at:

Cong. Beth Shalom in Lawrence  
390 Broadway  
Lawrence, NY 11559

Meet in basement meeting room





**NASSAU COUNTY CERT COORDINATORS**

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