



BRUCE A. BLAKEMAN  
NASSAU COUNTY EXECUTIVE

CERT



NASSAU COUNTY



**MONTHLY NEWSLETTER**

**August 2024**

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# Children and Youth Preparedness Month: Building Resilient Futures

As we approach the back-to-school season, it is crucial to focus on not only academic preparation but also on ensuring the safety and resilience of our children and youth. August, recognized as Children and Youth Preparedness Month, is an ideal time to emphasize the importance of preparedness for emergencies and disasters. This month serves as a reminder that equipping our younger generation with the knowledge and tools to handle emergencies can significantly contribute to their safety and well-being. In this article, we will explore the significance of Children and Youth Preparedness Month, practical steps to enhance preparedness, and the role of schools, families, and communities in fostering a culture of readiness.

## The Importance of Preparedness for Children and Youth

Disasters and emergencies can strike without warning, and their impact on children and youth can be profound. Young individuals are among the most vulnerable in times of crisis due to their physical, emotional, and developmental needs. Ensuring that children are prepared for emergencies is not only a moral responsibility but also a practical necessity.

- 1. Emotional Resilience:** Preparedness helps build emotional resilience in children. When children are informed and know what to do during an emergency, they are less likely to panic and more likely to handle the situation calmly. This resilience can have long-term benefits, helping them cope with challenges throughout their lives.

Continued on next page



**COUNTY, STATE  
&  
FEDERAL  
ONE TEAM**

2. **Safety and Survival:** Teaching children basic emergency skills such as evacuation procedures, how to call for help, and first aid can significantly increase their chances of staying safe and surviving during a disaster.

3. **Empowerment and Confidence:** When children are involved in preparedness activities, they feel empowered and confident. They understand that they can play an active role in their own safety and the safety of others, which can be a powerful motivator.

### **Practical Steps to Enhance Preparedness**

Creating a culture of preparedness among children and youth involves a multi-faceted approach. Here are some practical steps that families, schools, and communities can take to enhance preparedness:

1. **Family Preparedness Plans:** Families should develop and regularly review emergency plans that include clear communication strategies, designated meeting places, and evacuation routes. Involving children in the planning process ensures they understand the plan and their role in it.

2. **Emergency Kits:** Assembling emergency kits that include essential items such as water, non-perishable food, first aid supplies, flashlights, and important documents is crucial. Families should ensure that children know where these kits are located and how to use the items in them.

3. **Drills and Simulations:** Conducting regular drills and simulations at home and school helps children practice their response to various emergencies. Schools should have well-documented emergency procedures and conduct drills for scenarios such as fires, earthquakes, and lockdowns.

4. **Education and Training:** Schools and communities should provide age-appropriate education and training on emergency preparedness. This can include teaching children about different types of disasters, how to recognize warning signs, and what actions to take.

5. **Communication Skills:** Teaching children how to effectively communicate during emergencies is vital. This includes knowing how to call 911, providing clear and concise information, and understanding the importance of staying calm.

### **The Role of Schools in Preparedness**

Schools play a pivotal role in preparing children for emergencies. With a significant portion of a child's day spent at school, it is essential that educational institutions prioritize preparedness.

1. **Comprehensive Emergency Plans:** Schools should have comprehensive emergency plans that cover a wide range of scenarios. These plans should be regularly reviewed and updated to address emerging threats and best practices.

2. **Collaboration with First Responders:** Schools should collaborate with local first responders, including fire departments, police, and emergency medical services, to ensure a coordinated response during emergencies. Regular training sessions and joint drills can enhance this collaboration.

3. **Safe Learning Environment:** Creating a safe learning environment involves more than physical safety. Schools should also address the emotional and psychological well-being of students. Providing access to counseling services and resources can help children cope with the aftermath of a disaster.

4. **Parent and Community Involvement:** Schools should engage parents and the broader community in preparedness efforts. Workshops, informational sessions, and community events can raise awareness and encourage collective action.

### **The Role of Families and Communities**

Families and communities are the foundation of a child's support system. Their involvement is crucial in fostering a culture of preparedness.

1. **Family Engagement:** Families should prioritize preparedness activities and make them a regular part of their routine. This can include reviewing emergency plans, updating emergency kits, and discussing potential scenarios.

2. **Community Networks:** Communities should establish networks that facilitate information sharing and mutual support during emergencies. Neighborhood associations, local organizations, and faith-based groups can play a significant role in this effort.

3. **Awareness Campaigns:** Community leaders can spearhead awareness campaigns that highlight the importance of preparedness and provide practical tips for families. Utilizing social media, local media, and community events can help reach a broader audience.

4. **Volunteer Opportunities:** Encouraging youth to participate in volunteer opportunities related to emergency preparedness can foster a sense of responsibility and community spirit. Programs such as Community Emergency Response Teams (CERT) offer valuable training and hands-on experience.

Children and Youth Preparedness Month serves as a vital reminder that preparedness is a collective effort. By equipping our children with the knowledge, skills, and confidence to handle emergencies, we are not only ensuring their safety but also building a more resilient future. Schools, families, and communities all play a crucial role in this endeavor. As we prepare for the back-to-school season, let us prioritize emergency preparedness and work together to create a safer, more resilient world for our children and youth.



**International Overdose  
Awareness Day**

# RISK FACTORS FOR OPIOID OVERDOSE

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Overdose occurs when a person's body has a severely harmful reaction to taking too much of a drug or a combination of different drugs.

It's possible to overdose on all types of drugs. But opioid overdoses are particularly dangerous. This is because they slow down a person's breathing.

It can be hard to know when a person is having an opioid overdose because they may seem to be sleeping. If a person is having an opioid overdose, their breathing slows to dangerous levels. This can cause brain damage and, in some cases, death.

Not everyone has the same risk of overdose. Different people will have different risks, depending on the type of opioid that they're taking, how long they've been taking it, their height and weight, and so on.

**Key risk factors for opioid overdose are:**

- dependence on opioids
- using high-dose (strong) opioids
- using opioids over the long term
- not sticking to the prescribed opioid dose or purpose
- using other drugs such as benzodiazepines, alcohol or other sedatives
- higher-risk practices like injecting
- using opioids again after stopping for a while
- chronic health conditions such as obesity or sleep apnea

## **IF YOU ARE USING ALCOHOL**

Alcohol is a legal drug that's used by many people around the world. But alcohol is a depressant, which means it is dangerous to use with opioids.

All opioids, including those prescribed by a doctor, are dangerous to consume with alcohol.

Likewise, if you're taking opioids it's a good idea to avoid drinking alcohol. If you think you'll find it hard to stop drinking alcohol, discuss this with your doctor when they prescribe you opioids.

## **IF YOU ARE TAKING OTHER MEDICATIONS**

Some medications may interact with opioids or increase the risk of overdose. It's important that your doctor is aware of any other medication you are taking when they prescribe you opioids.

If you've been prescribed a new medication – particularly a sedative such as benzodiazepines or other analgesics – make sure you inform the prescribing doctor that you're also taking an opioid medication.

Using opioids with prescribed medications like benzodiazepines, other opioids and other sedatives is especially risky. Opioids slow down your breathing and, when these are combined with other sedatives, this effect is increased. Using multiple sedatives at the same time puts you at significant risk of overdose and can lead to brain injury and death.



**International Overdose  
Awareness Day**

**IF YOU ARE USING DRUGS RECREATIONALLY**

The illegal, non-medical and/or recreational use of all sorts of drugs is highly stigmatised. This means that people who use illegal drugs, or who use medications purely for enjoyment or other non-medical reasons, may find they're treated badly in healthcare settings.

If you're using drugs non-medically or recreationally, you may be worried that your doctor will treat you differently because of this. You may also be worried that you'll be refused certain treatments or that your doctor will focus on your drug use rather than your health needs.

These things may happen but there are a few reasons why it's still important to talk to your doctor about your drug use:

- Your doctor may be able to diagnose your symptoms better if they know your full history
- Some of the symptoms you're experiencing may be caused or affected by your drug use
- The drugs that you're taking and the medications the doctor wants to prescribe might be a harmful combination
- Being honest with your doctor helps to build trust, which can lead to better healthcare outcomes for you

These things should not be a problem if you see a doctor who specialises in dependence and addiction.

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**LEARN MORE**

To learn more about opioids, opioid dependence (which may be diagnosed as Opioid Use Disorder or OUD) and about different options for treatment, visit [lifesavers.global](https://lifesavers.global)

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*Do you know what to do in an emergency?*

## **CERT Basic Training**

### **Location:**

#### **Next Class:**

North Bellmore Public Library  
1551 Newbridge Road  
North Bellmore, NY 11710

### **Class dates:**

**Wednesday, September 18; Wednesday, September 25**  
**Tuesday, October 1; Wednesday, October 9; Wednesday, October 16**  
**Wednesday, October 23; Wednesday, October 30**

**All classes begin at 6:30 p.m.**

CERT training is free for Nassau County residents who are 18 years of age or older. If you are considering joining CERT, please be aware that you must attend all training sessions; missed classes can be made up. A background check will be conducted prior to acceptance into the program.

### **Information for new CERT applicants:**

Please fill out the [CERT Membership Application](#) and [Background Check Request forms](#) prior to the first class. Both forms are fillable PDFs that should be completed, signed and returned via email. Please save a copy for your records. The signed forms may be emailed to [oemcert@nassaucountyny.gov](mailto:oemcert@nassaucountyny.gov).

If you are unable to send the completed application and background check forms via email, they must be brought to the first class. Just respond to [oemcert@nassaucountyny.gov](mailto:oemcert@nassaucountyny.gov) that you will be attending class.

For more information about the CERT basic training and forms, please view the CERT website at:

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

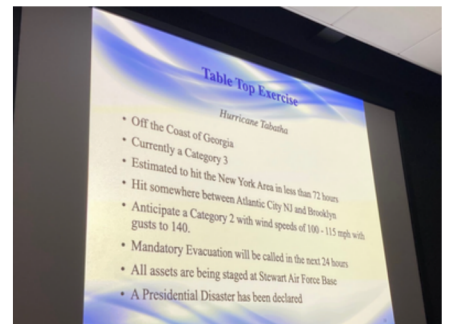
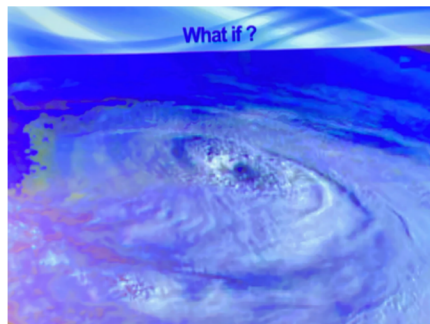
Or contact the CERT Desk at the Office of Emergency Management at (516) 573-9600 or by emailing [oemcert@nassaucountyny.gov](mailto:oemcert@nassaucountyny.gov)



# Radio Amateur Civil Emergency Services (RACES)



Our monthly RACES / CERT Communication’s general membership meeting was held on Thursday July 11th. This was a change to our normal schedule due to the July 4th holiday and this change allowed us to hold a combined meeting with Amateur Radio Emergency Service (ARES), one of our sister organizations. The membership was reminded that we are only in the first month of the 2024 Hurricane Season. September maybe the peak of the season but let’s not forget to keep aware of the potential threat. The membership of both organizations were very happy to attend and hoped we would consider holding future combined meeting. After the general membership meeting we turned our attention to Emergency Shelter Communication. This was an interactive training where a hypothetical hurricane was to strike New York City and Long Island. In this scenario participants had to make decisions on how to proceed as the exercise incident timeline progressed.



Interested or just curious about Emergency Communications? We invite you to attend our next RACES / CERT Communications meeting on Thursday September 5th at 7:30 pm in the lecture hall, 510 Grumman Road West, Bethpage NY. There will be **NO Meeting in August, See you in September.**

**Have a Wonderful and Safe Summer**

73  
RACES Leadership  
Website: [www.nassauraces.net](http://www.nassauraces.net)  
Email: [nassaucountyny.races@gmail.com](mailto:nassaucountyny.races@gmail.com)



If you SEE Something SAY Something



# Radio Amateur Civil Emergency Services (RACES)



## 2024 Training Schedule

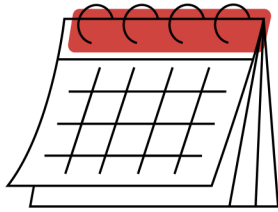
Month	Meeting Training	After meeting Training
<b>March</b>	Fire SuppressionBullex	
<b>April</b>	TriageLong Island Marathon	
<b>May</b>	Emergency MedicalSummer Reportable Criteria	
<b>June</b>	Search and RescueRadio Station Setup	
<b>July</b>	Search OperationsNYC Marathon	
<b>August</b>	No Meeting Enjoy Your Summer	
<b>September</b>	Deployment Preparation Psychological	Winter Reportable Criteria
<b>October</b>	Situation AwarenessEmergency Action Plan	
<b>November</b>	Shelter Communications and Table Top Exercise	
<b>December</b>	All County CERT Meeting	

*Note: Above is the proposed training schedule for 2024. However, trainings may change due to events or circumstances beyond our control. We will due our best to stay on schedule.*

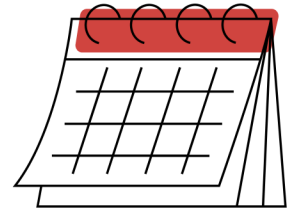


If you SEE Something SAY Something





# Planned Events & Trainings



FEMA offers a large variety of online courses that are free of charge and will help to further your preparedness education. If you do not have a FEMA ID, you can register for one here.  
:<https://cdp.dhs.gov/femasid>



**Emergency Management Institute -  
Independent Study (IS) | Course List**

FEMA Emergency Management Institute (EMI)  
Independent Study Course List

[fema.gov](https://fema.gov)

## **IS-100.C: Introduction to the Incident Command System, ICS 100**

<https://training.fema.gov/is/courseoverview.aspx?code=IS-100.c&lang=en>

## **IS-317.A: Introduction to Community Emergency Response Team (CERTs)**

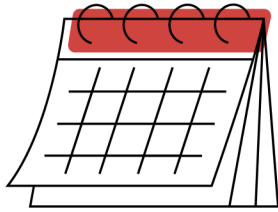
As a pre-requisite for CERT Basic classroom training or just to learn more about the program, check out EMI's Independent Study (IS) course IS-317.A.

<https://training.fema.gov/is/courseoverview.aspx?code=IS-317.a&lang=en>

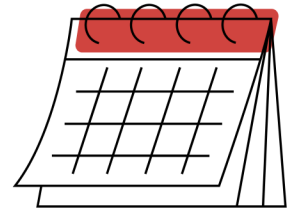
## **IS-315.A: CERT and the Incident Command System (ICS)**

IS-315.A educates CERT program managers, trainers, or emergency responders on CERT's relationship to the Incident Command System (ICS) and potential roles CERTs play in a disaster or emergency situation.

<https://training.fema.gov/is/courseoverview.aspx?code=IS-315.a&lang=en>



# Planned Events & Trainings



## Narcan Training Session Dates

Date	Location	Time
Jul 29, 2024	Bellmore Memorial Library, 2288 Bedford Avenue, Bellmore	6:00 PM
Aug 1, 2024	Salisbury Senior Center, 460 Salisbury Park Drive, Westbury	5:30 PM
Aug 8, 2024	North Merrick Public Library, 1691 Meadowbrook Road, North Merrick	6:00 PM
Aug 11, 2024	Town Park Point Lookout, 1300 Lido Boulevard, Point Lookout	9:00 AM
Aug 12, 2024	Hillside Public Library, 155 Lakeville Road, New Hyde Park	6:30 PM
Aug 13, 2024	Malverne Fire Department, 30 Broadway, Malverne	6:00 PM
Aug 23, 2024	Island Trees Public Library, 38 Farmedge Road, Levittown	3:00 PM
Aug 29, 2024	Oceanside Library, 56 Atlantic Avenue, Oceanside	7:00 PM

To register for Narcan training visit:  
<https://toh311.net/Narcan-signup/#/>



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

# Text to 911 NOW LIVE

*Response just as quick as a 911 call!*



# Mande un Texto al 911 ¡YA DISPONIBLE!

*Response just as quick as a 911 call!*








































# Nassau County



August 2024 Weather & News Bulletin DAILY →

S	M	T	W	T	F	S
28	29	30	31	1	2	3
						
86° 74°	88° 75°	88° 72°	83° 66°	88° 73°	88° 74°	87° 74°
4	5	6	7	8	9	10
						
86° 73°	84° 74°	87° 74°	87° 73°	86° 73°	86° 72°	84° 72°
11	12	13	14	15	16	17
						
82° 70°	81° 69°	82° 70°	83° 71°	84° 72°	85° 73°	84° 72°
18	19	20	21	22	23	24
						
86° 73°	85° 72°	85° 72°	80° 71°	78° 70°	78° 65°	79° 65°
25	26	27	28	29	30	31
						
78° 71°	79° 72°	82° 71°	84° 70°	79° 64°	78° 64°	79° 63°

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
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	7
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		



**CERT Division Meetings**



**CERT Events**



**RACES Meetings**

## Important Dates

**RACES Meeting** - No Meetings in August September 5, 2024

**CERT Division 1 Meetings** - Wednesday, September 4, 2024

**All County Meeting (Div. 1, Div. 2, RACES)** - Wednesday, December 4, 2024



**NASSAU COUNTY CERT COORDINATORS**

**BOB CHIZ & RICK DELUCIA  
OEMCERT@NASSAUCOUNTYNY.GOV**

**DIVISION 1**

**DIVISION SUPERVISOR  
BILL PAVONE  
NASSAUCERTDIV1@YAHOO.COM**

**DIVISION 2**

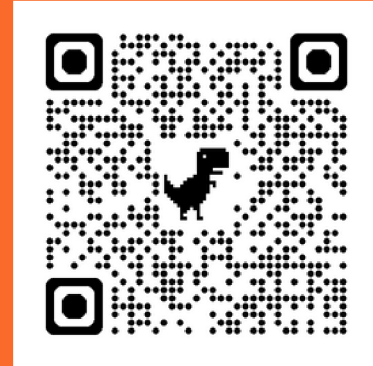
**DIVISION SUPERVISOR  
MARVIN STEIN  
CERTDIV2NASSAU@GMAIL.COM**

**KNOW YOUR ZONE**



Scan this code or click here  
to see flood zone map.

**EMERGENCY ALERTS**



Scan this code or click here  
to sign up for Emergency Alerts.

**FOLLOW US ON SOCIAL MEDIA**



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