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Commissioner

Monthly

OCTOBER 2015

From the desk of the Deputy Director

Eric Zausner

**CERT IS
WHAT
YOU
MAKE IT**

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Hurricane Joaquin thankfully turned out to sea and didn't hit Long Island; however, as we are upon the three year anniversary of Sandy now is a good time to reflect on our own preparedness. Hurricane Season as we know runs through November 30th, and while the potential certainly remains that we could feel the effects of a Hurricane here on Long Island this year there are other hazards that befall us on a more regular basis.

Since 1966 alone, Nassau County has experienced at least 50 instances of flooding. Nor'Easters and Blizzards are an almost annual occurrence, affecting us island wide. In Nassau we also were effected by an earthquake with a epicenter hundreds of miles away. In 2011, there was a significant hail storm that affected New Hyde Park, and in 2010 a Microburst significantly damaged a Great Neck neighborhood. Finally, in 2004 there was a devastating 36 hour blackout that affected the entire east coast.

My point is that the media likes to hype hurricanes, and show it on almost 24 hour basis and while we all know the power of these storms there are other hazards that we as CERTs should be prepared and focused on as their likelihood is much greater.

As the seasons, change, now is an ideal time to review your family disaster plan and your shelter-in-place and go-kits to make sure that all items are not expired. For a list of items that need to be in these kits please visit our website at Nassaucountyny.gov/OEM.

Eric

CERT On goings



Director Jim Kane recently led a group of our CERTs up to Westchester County to test and sharpen their skills during their drill



CERT On goings

CERT Outreach in New Hyde Park and Massapequa Park, greeting the residents and informing them about preparedness



We are happy to announce a New Planning Chief for CERT. Jeffrey Sliva, a long time CERT member is stepping into the role recently vacated when Judy Ryan became Division 2 leader. We know he will do well as he brings years of professional and CERT experience to the position.

“As the new Planning Chief I look forward to preparing CERT members for whatever challenges they may encounter. Thru my professional career as a counselor and educator for college students and my volunteer career as a fire chief and emergency medical technician, I have experience in many types of situations. Being better prepared thru advanced training, online classes and attendance at CERT events should be each persons goal to keep your family safe. I look forward to working with Jim, Eric and Paul to make Nassau County CERT the best we can and to keep everyone as active as possible.”



October 2015 - Upcoming Events

October 2015						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 RACES Meeting & Division 2 Meeting Island Park Library	2	3
4	5	6	7	8	9	10
11	12 	13	14 	15 Division Leaders 7:30 PM &	16	17 Long Island Volunteer Fair @ SUNY Farmingdale
18	19	20	21	22	23	24 Manorhaven Street Fair 11AM-5PM
25	26	27	28	29	30	

RACES/Comms Meeting - October 1st

OEM Lecture Hall Time: 7:00 pm

Division 2 Autumn Meeting

Long Island Library 7:00PM

Manorhaven Street Fair

October 24th 11:00am-5:00pm

Long Island Volunteer Fair




October 17th 9:00am-2:00pm

Division Leaders Meeting - Thurs October 15th

OEM Lecture Hall Time: 7:30 pm



November 2015 - Upcoming Events

November 2015						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3 	4	5 RACES Meeting OEM Lecture Hall 7:00PM	6	7
8	9	10	11 	12	13	14
15	16	17	18	19 Division Leaders Meeting 7:00PM	20	21
22	23	24	25	26 	27	28
29	30					

RACES/Comms Meeting - Thurs Nov 5th

OEM Lecture Hall

Time: 7:00 pm

Division Leaders Meeting -

Thurs Nov 19th

OEM Lecture Hall

Time: 7:00 pm



The Centers for Disease Control cautions people of New Orleans what they would face if they entered flooded streets. The same information is vital for us as well

Hazards on flooded city's streets

One of the many uncertainties facing the people of New Orleans is what effect the polluted flood waters and the stress of their ordeal will have on their later health.

In the air

- Airborne viruses
- Evaporated oil products
- Carbon monoxide in enclosed places near gasoline motors
- Mold spores (hazard for people with mold allergy, asthma)
- Mosquito-borne infections, such as West Nile fever
- Smoke from fires

Floating on water

- Gasoline and fuel oil from vehicles, storage tanks
- Crude oil

Dissolved in water

- Pesticides, herbicides
- Lead, chromium and other heavy metals
- Benzene and similar carcinogens

Hazards under water

- Sharp objects cannot be seen in murky water
- Dropoffs and holes can cause falls, drowning
- Fallen electric lines may be charged

Little is known about combined health effects of these hazards

Potential skin problems

Wound infection with *Staphylococcus*, other bacteria

Dermatitis in skin that has been sunburned, exposed to irritating chemicals

'Immersion foot' (or trench foot), an inflammation of skin that stays wet for long periods

How germs, contaminants enter body

- 1 Inhaled into lungs
- 2 Ingested in contaminated water or food
- 3 Through broken skin, into bloodstream

Common route for:

- E. coli*
- Giardia*
- Toxoplasmosis
- Norovirus ("stomach flu")
- Leptospirosis
- Cryptosporidium

© 2005 KRT

Source: Centers for Disease Control and Prevention, Federal Emergency Management Agency, AP
Graphic: Helen Lee McComas, Lee Hulteng





FEMA

In the event of Flooding or any other type of Emergency this is good information about what foods can be kept and what thrown away.

FOOD SAFETY BEFORE, DURING AND AFTER A POWER OUTAGE

Know how to keep food safe before during and after emergencies. Hurricanes, tornadoes, winter weather and other events may cause power outages. Follow these tips to help minimize food loss and reduce your risk of foodborne illness.

WHEN IN DOUBT, THROW IT OUT!



Check the temperature inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.

AFTER

ONCE THE POWER IS BACK ON ...



Never taste food to **determine its safety!**

WHAT CAN I KEEP?

The following foods are safe if held above 40 °F for more than 2 hours:



Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)



Grated Parmesan, Romano, or combination (in can or jar)



Butter or margarine



Opened fruit juices



Opened canned fruits



Jelly, relish, taco sauce, mustard, ketchup, olives, pickles



Worcestershire, soy, barbecue, and Hoisin sauces



Peanut butter



Opened vinegar-based dressings



Bread, rolls, cakes, muffins, quick breads, tortillas



Breakfast foods (waffles, pancakes, bagels)



Fruit pies



Fresh mushrooms, herbs, and spices



Uncut raw vegetables and fruit

WHAT SHOULD I THROW OUT?



Meat, poultry or seafood products



Soft cheeses and shredded cheeses



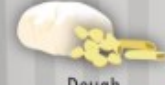
Milk, cream, yogurt, and other dairy products



Opened baby formula



Eggs and egg products



Dough, cooked pasta



Cooked or cut produce



REFREEZE FOOD THAT STILL CONTAINS ICE CRYSTALS OR IS AT 40°F OR BELOW.

AFTER A FLOOD

FOLLOW THESE STEPS AFTER A FLOOD:



DO NOT EAT any food that may have touched flood water.



DISCARD FOOD not in waterproof containers; screw-caps, snap lids, pull tops, and crimped tops are not waterproof.



DISCARD cardboard juice/milk/baby formula boxes and home canned foods



DISCARD any damaged cans that have swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening.



SANITIZE
1 tbsp. bleach +
1 gallon water

Pots, pans, dishes and utensils

Undamaged all-metal cans after removing labels



When Nassau's Earth Quakes, CERT Is Ready.

Allan E. Mallenbaum

Whether we call it an earthquake, seismic event, quake, tremor or temblor, it's one of the earth's most devastating and least predictable activities.

The surfaces of our planet, as well as the ocean floors, are carried on "tectonic plates" which actually float on the molten magma, the superheated fluid rock that forms the center of our sphere.

When one of these floating plates rubs against another, the event can often release immense amounts of energy as they jostle, shake and separate the crust above it. The areas where these seismic events have occurred most often are shown by their epicenters on the 35 year map.

Although only a fraction of the quakes can be felt, seismic recording instruments detect several million tremors every year! In lower New York State, seismic events are much less common than in the Western states. However, because the bedrock on the East coast is cooler than in the Pacific area, the energy from the same magnitude temblor is propagated much further, and can cause more damage over a wider area here in Nassau County.

The energy release or magnitude of an earthquake is measured scientifically on the Moment Magnitude Scale (MMS) which was developed in the 1970s, but quake magnitudes are still commonly reported on the older Richter Scale. A magnitude 2.0 quake is only recorded on instruments. A magnitude 3.0 quake can usually be felt, but causes little or no damage. At 5.0, there will be minor or even major damage to poorly constructed buildings and things may fall or topple. Magnitude 6.0 causes moderate damage, while 7.0 or 8.0 can produce serious damage to wide areas. A rare magnitude 9.0 or higher quake, which fortunately occurs only once every 10 to 50 years, leaves total destruction and permanent changes to the topography.

Each increase of 0.2 on the scale equals a release of about twice the energy, while a whole number rise in magnitude, from let's say 3.0 to 4.0, signals a release of 31.6 times the energy!

On Long Island, we can expect about half a dozen perceptible quakes annually, generally of a magnitude of about 3, too small to be harmful. But not always. The largest recorded local quake (5.5 magnitude) caused the heaviest damage from Jamaica to Amityville in 1884. Lesser damages were reported from Pennsylvania to Connecticut. Another quake was reported in Eastern Nassau in 1773 with a magnitude of about 5.

More recently, on Nov. 30, 2010, our region got its biggest earthquake in 18 years, a magnitude 3.9 jolt south of eastern Long Island. It wasn't big enough, or near enough, to do any damage, but Columbia University's Lamont-Doherty Earth Observatory, home to the region's major seismology lab, answered calls from people on Long Island and in New Jersey who had felt the shaking.

In August, 2011, a 5.9 temblor in Virginia was felt all over Long Island, although no real damage occurred in our area. Large quakes beneath the ocean often produce tsunamis, but that's another story.

How does this affect, you, the Nassau CERT volunteer? Director Jim Kane explained that "although earthquakes give little or no warning, CERT must always be ready. Another major seismic event is certain to hit Long Island at some point in the future – whether tomorrow or in 25 years. Keep your emergency gear in good order, and keep improving your own training and personal skills."



Nassau County Department of Health Continues Rabies Baiting Program

Raccoon Rabies Vaccine to be distributed by Truck

Mineola, NY - Continuing the effort to eradicate raccoon rabies in Nassau County, Nassau County Department of Health and Cornell University will distribute raccoon rabies vaccine to protect residents from rabies. In response to the finding of several rabid raccoons in Brooklyn, raccoon rabies vaccine will be distributed in several additional communities. The distribution of rabies vaccine is part of a co-operative effort, "Wildlife Rabies Vaccination Program – Metropolitan New York" involving Nassau County Department of Health, New York City Department of Health and Mental Hygiene, Cornell University and several other agencies

What: Rabies bait*, which is attractive to raccoons and includes a vaccine packet, will be distributed in raccoon habitats which include woods, bushes, streambeds, sewers and other areas.

*There is a label that clearly identifies the bait packet: "Rabies Vaccine Live Vaccinia Vector. Do Not Disturb, Merial, Inc Us Vet Lic. No. 298 1.877.722.6725."

When: Truck distribution will be conducted October 13th – October 16th, weather permitting.

Where: The additional areas of baiting will include all or parts of following communities: Atlantic Beach, Cedarhurst, Hewlett, Inwood, Lawrence, Long Beach, Valley Stream, Woodmere and Woodsburgh.

Why: Three terrestrial rabies cases were reported in southern Kings County last year. Rabies virus has been reported during most years in NYC, presenting a threat of eastward advance into Nassau County. Because of the threat to wildlife and domestic animals from terrestrial rabies, action needs to be taken quickly to prevent rabies from becoming endemic here in Nassau County.

How: Raccoons are attracted by the scent of the bait and are immunized when they eat the contents of the vaccine packet.

Recommendations: The New York State and Nassau County Departments of Health recommend:

- To avoid inadvertent contact with the baits, supervise children's outdoor activities both during and for approximately one week following the bait distribution.
- Keep all dogs and cats indoors or on leashes during the oral bait distribution and for about a week afterwards. This will allow raccoons to eat the vaccine-laden baits and become immunized and will decrease the chance of pets eating the baits.
- The baits are not harmful to dogs or cats, but a pet may vomit if they eat a large number of them. Do not try to remove a packet from an animal's mouth.
- Call immediately in the unlikely event that a child bites through the packet and ingests the liquid.
- Wash hands immediately before calling to report the exposure if anyone comes in bare-hand contact with the bait (even if the bait is intact.) The bait packet itself will not harm anyone.
- Call if you have seen your pet with bait in its mouth.
- Whenever there is direct contact with the bait, contact the Poison Control Center at (212) 764-7667.
- Remember that it is not possible to get rabies from the vaccine. The vaccine does not contain the rabies virus. It does contain attenuated vaccinia virus. This is a weakened version of the virus used in people for smallpox vaccination.
- If residents find bait near their homes, but not in the open, leave it alone. The bait packets have a strong fishmeal smell that is not attractive to people or to most other animals.
- If the bait is intact and out in the open where pets or children are more likely to encounter it, toss it into deeper cover under trees or bushes while wearing gloves or using a plastic bag.
- Residents who see raccoons should NOT try to trap the raccoons themselves. Call a licensed trapper.

For additional information regarding rabies and baiting, call the Nassau County Department of Health at (516) 227-9663 weekdays from 9:00 AM – 4:30 PM or visit the department website at <http://www.nassaucountyny.gov/2048/Rabies> or the New York State Department of Health website at www.health.state.ny.us/diseases/communicable/zoonoses/rabies.

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“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

-Margaret Mead

Deadline for submission of articles, photos and news for the next CERT Newsletter is :

October 28th.

CERT BASIC COURSE

THE NEXT CERT WILL BE ANNOUNCED SOON...

SIGN UPS ARE ONGOING—CALL THE OFFICE WITH ANY QUESTIONS.

OEMCERT@NASSAUCOUNTYNY.GOV

(Current CERT Members may attend any class as a refresher)

