



CERT



NASSAU COUNTY



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**CERT IS
WHAT
YOU
MAKE IT**



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

CERT Monthly Newsletter

FEBRUARY 2021

Dear Members,

A Winter Storm Watch, for Winter Storm Orlena, has been issued from late Sunday night thru Monday night along with coastal flood watch for the entire area. There is still a great deal of uncertainty with this storm, however one thing for sure is we will have a significant storm during the next few days. At this time a range of 6-12 inches is predicted, depending on where the rain/snow line is located. Also, winds gusting 30-40+ during the storm will create blowing and drifting snow.

As CERT members we can be prepared, check on our family, love ones, neighbors and most importantly be safe.

As we continue to take precautions to keep ourselves and your family safe from the coronavirus (COVID-19) pandemic It is important to discuss the facts and helpful hints on preventing the spread with our family and friends. The Centers for Disease Control and Prevention (CDC) is the best resource for accurate and up-to-date information. Being healthy and informative is a very important part of protecting ourselves and fellow CERT members

We know and understand that CERT's are trained, ready and eager to assist but in these unprecedented times and for the safety of everyone, we must use caution in doing so. We expect to be activated for an extended period of time and it is our hope that we will be able to utilize CERT for the role in which they were intended in the very near future.

Stay Safe and Stay Healthy

Bob, Rick & Paul

Winter Weather



Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms including blizzards can bring extreme cold, freezing rain, snow, ice and high winds.

A winter storm can:

- Last a few hours or several days.
- Cut off heat, power and communication services.
- Put older adults, children and sick individuals at greater risk.

IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

- Stay off roads.
 - Stay indoors and dress warmly.
- If you need to spend time in a public indoor space in order to stay safe from the cold, follow CDC precautions to protect yourself and others from COVID-19: wear a mask and maintain a distance of at least six feet between yourself and those who are not a part of your household. Masks should not be worn by children under two years of age, those who have trouble breathing, and those who are unable to remove them on their own.
- Prepare for power outages.
- Use generators outside only and away from windows.
- Listen for emergency information and alerts.
- Look for signs of hypothermia and frostbite.
- Check on neighbors while following the [latest guidelines](#) from the Centers for Disease Control and Prevention (CDC) on maintaining social and physical distancing. Consider connecting with family and friends by telephone, e-mail, text messages, video chat, and social media. If you must visit in person, wear a mask and maintain a distance of at least six feet from them. Masks should not be worn by children under two years of age, those who have trouble breathing, and those who are unable to remove them on their own.

Prepare NOW

- Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.
- Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Know your [winter weather terms](#).
- Pay attention to weather reports and warnings of freezing weather and winter storms.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and [National Oceanic and Atmospheric Administration \(NOAA\) Weather Radio](#) also provide emergency alerts.
- [Sign up for email updates](#) about coronavirus from the Centers for Disease Control and Prevention (CDC).
- Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights. If you are able to, set aside items like soap, hand sanitizer that contains at least 60 percent alcohol, disinfecting wipes, and general household [cleaning supplies that you can use to disinfect surfaces you touch regularly](#).
- Create an [emergency supply kit for your car](#). Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water and non-perishable snacks. Keep a full tank of gas.
 - Remember that not everyone can afford to respond by stocking up on necessities. For those who can afford it, making essential purchases and slowly building up supplies in advance will allow for longer time periods between shopping trips. This helps to protect those who are unable to procure essentials in advance of the pandemic and must shop more frequently. In addition, consider avoiding WIC-labeled products so that those who rely on these products can access them.
 - Being prepared allows you to avoid unnecessary excursions and to address minor medical issues at home, alleviating the burden on urgent care centers and hospitals.
- Learn the signs of, and basic treatments for, frostbite and hypothermia.
 - If you are sick and need medical attention, contact your healthcare provider for further care Instructions and shelter in place, if possible. If you are experiencing a medical emergency, call 9-1-1 and let the operator know if you have, or think you might have, COVID-19. If possible, put on a mask before help arrives.
 - Learn the [symptoms of COVID-19](#) and follow [CDC guidance](#).
- Frostbite causes loss of feeling and color around the face, fingers and toes.
 - Signs: Numbness, white or grayish-yellow skin, firm or waxy skin.
 - Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.
- Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.
 - Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
 - Actions: Go to a warm room. Warm the center of the body first—chest, neck, head and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

Survive DURING

- Stay off roads if at all possible. If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
 - Be sure to have several clean masks to use in case your mask becomes wet or damp from snow. Cloth masks should not be worn when they become damp or wet. Be sure to wash your mask regularly.
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.
- Reduce the risk of a heart attack by avoiding overexertion when shoveling snow and walking in the snow.
 - Masks may make it difficult to breathe, especially for those who engage in high intensity activities, like shoveling. If you are unable to wear a mask, maintain a distance of at least six feet between yourself and those who are not part of your household.
- Watch for signs of frostbite and hypothermia and begin treatment right away.
- If it is safe to do so, check on neighbors while following the latest guidelines from the Centers for Disease Control and Prevention (CDC) on maintaining social and physical distancing. Consider connecting with family and friends by telephone, e-mail, text messages, video chat, and social media. If you must visit in person, wear a mask and maintain a distance of at least six feet from them. Masks should not be worn by children under two years of age, those who have trouble breathing, and those who are unable to remove them on their own.

Be Safe AFTER

- **Frostbite** causes loss of feeling and color around the face, fingers, and toes.
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- **Hypothermia** is an unusually low body temperature. A temperature below 95 degrees is an emergency.
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 - **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.
- If you are sick and need medical attention, contact your healthcare provider for further care instructions and shelter in place, if possible. If you are experiencing a medical emergency, call 9-1-1 and let the operator know if you have, or think you might have, COVID-19. If possible, put on a mask before help arrives.
- Engage virtually with your community through video and phone calls. Know that it's normal to feel anxious or stressed. Take care of your body and talk to someone if you are feeling upset. Many people may already feel fear and anxiety about the coronavirus 2019 (COVID-19). The threat of a winter storm can add additional stress. Follow CDC guidance for managing stress during a traumatic event and managing stress during COVID-19.



Radio Amateur Civil Emergency Services

(RACES)

RACES / CERT Comms Group SITREP

February 2021



RACES is now holding meetings on the first Thursday of the month. The next meeting is Thursday, February 4.

All the meetings for the foreseeable future will be vital meetings via Zoom.

Anyone wishing to attend can Join from any computer, tablet, or smartphone by entering:

<https://zoom.us/j/95928146234> in your browser.

Or, for audio only, you may dial by phone: 646-876-9923 and enter Meeting ID: 959 2814 6234 #

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

ALSO, HRU (ham Radio University) will be held on Saturday January 9, 2021 This will be a virtual event, for more information go to: <http://hamradiouniversity.org/>

NATIONAL HEART — MONTH —



Each February, NHLBI and *The Heart Truth*[®] celebrate American Heart Month by motivating Americans to adopt healthy lifestyles to prevent heart disease. Focusing on your heart health has never been more important. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

Research shows that we're more successful at meeting personal health goals when we join forces with others. When we take care of [#OurHearts](#) as part of our self-care, we set an example for those around us to do the same. Inspire and motivate yourself and those you love to **make heart health a regular part of your self-care routine.**

National Wear Red Day[®]

Join NHLBI, *The Heart Truth*[®], and organizations around the country on National Wear Red Day[®], celebrated each year on the first Friday in February, to bring greater attention to heart disease as a leading cause of death for Americans.

About

913,000

people in New York
have coronary
heart disease.



This is the most common form of heart disease and can often be prevented. **#OurHearts** are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking!

Learn more at hearttruth.gov

Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2019.



Taking Care of Our Hearts, Together



#OurHearts
are healthier together

Heart disease is a leading cause of death in the United States, causing one in four deaths each year. But there's a lot you can do to live a heart-healthy life—and connecting with others can make your efforts even more successful.



Studies show that if you join forces with people at home or online, you have a better chance of staying motivated. Best of all, you don't have to make big changes all at once. Small steps can get you where you want to go. Gather your friends and family and make a commitment to your heart health, together.

Here's How to Start:

Move more

Get at least 2 1/2 hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises at least 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 5, 10, or 15 minutes a few times a day. Some physical activity is better than none.

Be active, together:

Get creative. Invite a colleague to keep you on track. Text each other a reminder to go for a walk or take an online exercise class together. Grab your kids and do jumping jacks, shoot some hoops, or dance. People with friends or family who support their efforts to be physically active are more likely to be successful, studies show.



Eat healthy foods

A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Try the highly rated Dietary Approaches to Stop Hypertension (DASH) eating plan. It recommends:

- Eating vegetables, fruits, and whole grains
- Eating fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products
- Limiting foods that are high in saturated fat and sodium
- Limiting sugar and other sweeteners.

Find heart-healthy DASH recipes at healthyeating.nhlbi.nih.gov

Eat healthy, together:

When you get fast food, ask for a salad instead of fries, and don't get the "deluxe" sandwich. Start your meal with a salad or appetizer of veggies so you'll have something healthy first. Studies suggest that we tend to eat like our friends and family. Your healthy choices may inspire those around you.



National Heart, Lung,
and Blood Institute



hearttruth.gov

Know the Difference

Cardiovascular Disease, Heart Disease, Coronary Heart Disease



Cardiovascular disease, heart disease, coronary heart disease – what's the difference?

Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.

Cardiovascular Disease

The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **heart failure**, and **peripheral artery disease**.



1 in 3 deaths

More than 800,000 people die of cardiovascular disease every year in the United States.

Heart Disease

A type of cardiovascular disease

"Heart disease" is a catch-all phrase for a variety of conditions that affect the heart's structure and function.

Keep in mind – all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about "heart disease" they often mean coronary heart disease.



Nearly 650,000 Americans die from heart diseases each year.

About 11% of American adults (that's more than 1 of every 9) have been diagnosed with heart disease.

Coronary Heart Disease

A type of heart disease

Coronary heart disease is often referred to simply as "heart disease," although it's not the only type of heart disease. Another term for it is coronary artery disease.

About 366,000 Americans die from coronary heart disease each year.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

What you can do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C.**
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active.**
- **Maintain a healthy weight.**
- **Don't smoke.**
- **Manage stress.**
- **Keep your diabetes under control.**



Move More

Making Physical Activity Routine



Heart disease is a leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart—going on a hike or taking the stairs, biking to the store or around the block, wheeling yourself in your wheelchair. Figure out what works best for you.

How much is enough?

As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart. For major health benefits, aim for at least 150 minutes (2½ hours) a week. Or go for 75 minutes a week of more vigorous activity such as playing basketball, running, or jumping rope, which gives the same benefits. The bottom line: More activity means a bigger boost to your health.

It's up to you how you reach your own personal targets. For example, 30 minutes of physical activity, five times a week, is one option if you're aiming for 150 minutes a week.

Can't carve out a lot of time in your day?
Don't **chuck** your goal, **chunk** it!
Try 10 minutes a few times a day, for example.



Only have 10 minutes? Consider:

- ✓ Walking briskly for 5 minutes, turning around and walking back
- ✓ Dancing (standing or seated) to three songs
- ✓ Getting off your bus early and walking the last stretch

You'll know you're moving enough to help your heart if

- ✓ Your heart is beating faster
- ✓ You're breathing harder
- ✓ You break a sweat

Or, try the talk test:

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing.
- ✓ During activities such as jogging, you can't say more than a few words without pausing for a breath.



Why move more?

Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

If you're inactive, you're nearly twice as likely to develop heart disease than if you're active. Learn more about the benefits of physical activity on the NHLBI website.

Get strong

In addition to aerobic activity, take time to strengthen your muscles. Try to work your leg, hip, back, chest, abdomen, shoulder, and arm muscles. Aim to do muscle strengthening twice a week in addition to your aerobic activities.

All adults should avoid inactivity.
Start gradually and increase slowly.

Learn more about:

- **CDC Target Heart Rate and Estimated Maximum Heart Rate.**
- **Different types of physical activity.**
- **Recommendations for children, elder people, and pregnant women.**



NIH National Heart, Lung, and Blood Institute



hearttruth.gov

LAURA CURRAN
NASSAU COUNTY EXECUTIVE



CAROLYN McCUMMINGS, MPH, PHD
COMMISSIONER, NASSAU COUNTY
DEPARTMENT OF HUMAN SERVICES

HELP SAVE THE LIFE OF A LOVED ONE!

LEARN:

- The signs of an opiate overdose;
- How to reverse an opiate overdose;
- About new treatment approaches.

Every day, at least one Long Islander dies from an opiate overdose. And those are only the ones we know of - the ones directly caused by Heroin or prescription painkillers such as Percocet or Coxydione.

About 7 out of 10, died at home.

Overdoses can happen to anyone. We will give you for FREE, the overdose reversal agent, Naloxone - and we'll show you how and when to use it. We'll also tell you about Nassau's newest and effective treatment



approaches - including injectable, extended-release Naltrexone; and integrated care.

**DON'T MISS A CHANCE
TO SAVE A LIFE.**

WEDNESDAY FEBRUARY 10, 2021

@ 11:00 am - 12:30 pm

This will be a virtual training through ZOOM.

www.nassaucountyny.gov/overdosetraining

Registration portal opens Monday, January 25th about 10am and will close as soon as the maximum capacity of seventy is reached.

**Narcan Kits will be available for Contactless pick up
@ 60 Charles Lindbergh Blvd, Uniondale, NY 11553 on
Wednesday February 17, between 10-12noon
and Thursday February 18, between 2-4pm**

Please log on timely.

We will be covering NYS mandated slides in order to receive a kit.



February 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|-----------|---|--|----------|
| | 1 |  <p>HAPPY Groundhog Day</p> | 3 | <p>4</p> <p>RACES Meeting 7:30pm (ZOOM)</p> |  <p>It's #WearRedDay Heart disease is a leading cause of death. Know your risks. WALK. BIKED. HEART. HEALTHY.</p> | 6 |
| 7 | 8 | 9 | 10 | 11 | <p>12</p> <p>Lincoln's Birthday (OEM Office Closed)</p> | 13 |
|  <p>HAPPY VALENTINE'S DAY</p> | <p>15</p> <p>Presidents' Day (OEM Office Closed)</p> | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | | | | | | |
| | | | | | | |

Important CERT Dates

RACES Meeting

February 4th

Time: 7:30 pm

(ZOOM)

March 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|---------|---|--|--------|----------|
| | 1 | 2 | 3 | 4 RACES Meeting 7:30pm (ZOOM) | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|  | 15 | 16 |  | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |
| | | | | | | |

Important CERT Dates

RACES Meeting

March 4

ZOOM

Time: 7:30 pm



Nassau County CERT Coordinator

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CERT Section Chiefs

| | | |
|---------------------|----------------------|----------------------|
| Paul Shapiro | Jeffrey Sliva | David Sobolow |
| Logistics | Operations | Admin/Finance |
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