



CERT



NASSAU COUNTY



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**CERT IS
WHAT
YOU
MAKE IT**



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

CERT Monthly Newsletter

NOVEMBER 2021

Dear Members,

Daylight Saving Time ends on Sunday, November 7, 2021, at 2:00 A.M. At this time, clocks will “fall back” one hour, giving us more daylight in the dark autumn and winter mornings. This is a great reminder to start checking our homes and automobiles for the upcoming season. We need to remember to update our emergency-preparedness kit. Check on your kit to ensure food in it has not expired, information is updated and items are still in working condition. Also, check our smoke alarms and carbon monoxide (CO) alarms.

The County is organizing, along with Island Harvest, Turkey Dinner Distribution events for November 2021. We are asking CERT members to assist with this event. See details in this newsletter.

Divisions 1 and 2 are both holding their autumn meetings during the upcoming weeks. Division 2 meeting is on Tuesday, November 16, this meeting will be ZOOM/Remote, and Division 1 meeting is on Wednesday, December 1. This meeting will be in person and/or ZOOM. We have not held an All-County meeting, so the Division 1 meeting on December 1 will be coordinated with the All-County meeting. Details to follow for all meetings as we get closer. All members and there guest are welcome to attend.

We wish everyone a Happy, Healthy and Safe Holiday Season

Bob, Rick & Paul



Island Harvest

A FOOD BANK FOR LONG ISLAND

Fighting Hunger. Touching Lives.

This is the schedule for the food distribution.

The exact location will be sent when finalized to those CETRT members that volunteer.

If you are available to assist please email: OEMCERT@nassaucountyny.gov.

Please be specific as to day, hours and location.

Day	Saturday	Monday	Tuesday	Wednesday	Thursday	Monday
Date	13-Nov	15-Nov	16-Nov	17-Nov	18-Nov	22-Nov
Set Up	8am - 10am	12:30pm - 2:30pm	12:30pm - 2:30pm	9am - 11am	9am - 11am	9am - 11am
Distribu-	10:am - 12pm	2:30pm - 4:30pm	2:30pm - 4:30pm	11am - 1pm	11am - 1pm	11am - 1pm
Clean Up	12pm - 1pm	4:30pm 5:30pm	4:30pm 5:30pm	1pm - 2pm	1pm - 2pm	1pm - 2pm
Community	Uniondale	Elmont	Westbury	Hempstead	Inwood	Glen Cove

Thanksgiving

For most, the kitchen is the heart of the home, especially during the holidays. From testing family recipes to decorating cakes and cookies, everyone enjoys being part of the preparations.



So keeping fire safety top of mind in the kitchen during this joyous but hectic time is important, especially when there's a lot of activity and people at home. As you start preparing your holiday schedule and organizing that large family feast, remember, by following a few simple safety tips you can enjoy time with your loved ones and keep yourself and your family safer from fire.

Top 10 safety tips

- Stay in the kitchen when you are cooking on the stove top so you can keep an eye on the food.
- Stay in the home when cooking your turkey, and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay three feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children – up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- **Make sure your smoke alarms are working. Test them by pushing the test button.**

Thanksgiving fire facts

- Thanksgiving is the peak day for home cooking fires, followed by Christmas Day, the day before Thanksgiving, Easter, and Christmas Eve.
- In 2018, U.S. fire departments responded to an estimated 1,630 home cooking fires on Thanksgiving, the peak day for such fires.
- Unattended cooking was by far the leading contributing factor in cooking fires and fire deaths.
- Cooking caused almost half of all reported home fires and home fire injuries, and it is the second leading cause of home fire deaths in 2014-2018.

Source: NFPA's [Home Cooking Fires](#) and [Home Structure Fires](#) reports.



BE PREPARED FOR A WINTER STORM



FEMA

FEMA V-1014/June 2018

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.



Greater risk



Can last a few hours or several days



Can knock out heat, power, and communication services

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

Stay off roads.



Use generators outside only.



Stay indoors and dress warmly.



Listen for emergency information and alerts.



Prepare for power outages.



Look for signs of hypothermia and frostbite.



Check on neighbors.



HOW TO STAY SAFE WHEN A WINTER STORM THREATENS

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.

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.

Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.

Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

Learn the signs of and basic treatments for frostbite and hypothermia. For more information, visit: www.cdc.gov/disasters/winter/staysafe/index.html.

Survive DURING

Stay off roads if at all possible. If trapped in your car, stay inside.

Limit your time outside. If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

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. Avoid overexertion when shoveling snow.

Watch for signs of frostbite and hypothermia and begin treatment right away.

Check on neighbors. Older adults and young children are more at risk in extreme cold.

Recognize +RESPOND

Frostbite causes loss of feeling and color around the face, fingers, and toes.

- **Signs:** Numbness, white or grayish-yellow skin, and 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, and 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.

Take an Active Role in Your Safety

Go to Ready.gov and search for **winter storm**. Download the **FEMA app** to get more information about preparing for a **winter storm**.



TO CLICK OR NOT TO CLICK: THAT IS THE QUESTION

One thing is certain when it comes to cyber crime, email is the most effective way for criminals to deliver malware to an unsuspecting victim. Increasingly, text-based threats are rising as more people do more on mobile devices.

If you are even a little bit suspicious of a text message or email--do not click.
Immediately delete.

TAKE-ACTION TIPS

VERIFY TO CLARIFY

If you receive an email or text message requesting you to confirm or submit financial information, your login information, or any other sensitive personal information by clicking a link, don't. Immediately contact the organization (not via the contact information contained in the email) to verify the request. You can also visit the company's legitimate website and log into your account to see if you have any messages or action items.

WHEN IN DOUBT, THROW IT OUT

Links in email, tweets, texts, posts, social media messages and online advertising are an easy way for cyber criminals to get to you. Be wary of clicking on links or downloading anything that comes from a stranger or that you were not expecting. Essentially, don't trust links.

STRANGER DANGER

Remember what you learned about not accepting candy from strangers? Apply that to the online world as well. Do not click links in emails, text messages, chat boxes, etc. from people you do not know--and be suspicious of links sent from those you know as well.



WHAT IS MALWARE?

Malware, or "malicious software," is designed to damage and destroy computers and their systems.

Examples of common malware you

TO CLICK OR NOT TO CLICK: THAT IS THE QUESTION

TAKE-ACTION TIPS

READ THE EMAIL OR TEXT CRITICALLY

Is the sender asking you to do something they wouldn't normally ask you to do, such as bypass your company policy? Does it seem weird the credit card company is asking you to verify your credit card number or SSN? (yes--they have that information already). Are there misspelled words or unusual phrases? Is there a sense of urgency--requesting you click now or act immediately? These are often context clues in the body of the email or text hinting that something is not right.

UNSUBSCRIBE MIGHT SUBSCRIBE YOU TO A HACK

Sometimes the call to action in an email can trick you--such as "unsubscribe" or "reply to stop receiving these messages." It is better to just delete the email or mark it as spam if it is spam.

A FEW TRICKS

IN YOUR EMAIL ACCOUNT, CONFIGURE THE SETTINGS SO THEY DISPLAY THE SENDER'S EMAIL ADDRESS AND NOT JUST THEIR DISPLAY NAME

This will help you verify the sender's email address is legitimate (for instance info@staysafeonline.org (correct) vs. info@staysafe0nline.org (incorrect)-- notice the one simple change from an o to a 0.

PLUG-IN ASSISTANCE

There are some plug-ins you can use in your internet browser that will display a URL's true path. You might consider enabling that security feature in your internet browser's security settings.



TO CLICK OR NOT TO CLICK: THAT IS THE QUESTION

A FEW TRICKS

HOVER TO DISCOVER

You can put your cursor on top of the link (be careful not to click!). When you do that, the true path will appear. Does the destination of the link align with what you would think? If it doesn't look legitimate, do not click. Immediately delete the email.

WHAT ARE YOU HIDING?

Often, hackers will use shortened URLs to make a malicious link appear safe to click. If you receive a short URL, there are free online tools where you can copy and paste the short URL into the tool and it'll expose the true path. Be careful with this, though. You don't want to accidentally click the URL. If you are afraid of copying and pasting, just delete the email or text message with the shortened URL and go to the company's main site itself to access whatever deal or event you're trying to access.

HAVE ANTI-MALWARE AND ANTIVIRUS INSTALLED ON ALL OF YOUR DEVICES

You can even install it on your phone. This will add an extra layer of protection, though it won't replace you needing to be cautious and vigilant.

ADDITIONAL RESOURCES

- Google: Free Phishing Quiz <https://phishingquiz.withgoogle.com/>
- CISA: Avoid Phishing & Social Engineering Attacks
<https://www.us-cert.gov/ncas/tips/ST04-014>
- NCSA & Adobe: Phishing & Ransomware Video
<https://staysafeonline.org/blog/security-awareness-episode-4-phishing-and-ransomware/>





Radio Amateur Civil Emergency Services

(RACES)

RACES / CERT Comms Group SITREP

November 2021



RACES is now holding meetings on the first Thursday of the month.

The next meeting is Thursday, November 4.

This will also be a Zoom meeting for all those who do not feel comfortable attending an in person meeting

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

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1		3	4 RACES Meeting 7:30pm	5	6
	8	9	10		12	13
14	15	16 Division 2 Meeting 6:45pm	17	18	19	20
21	22	23	24		26	27
	29	30				

Important CERT Dates

RACES Meeting

November 4
Time: 7:30 pm
ZOOM

DIVISION 2 Meeting

November 16
Time: 6:45pm
ZOOM

December 2021

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

Important CERT Dates

Division 1 Meeting

December 1
Time: 7:30 pm

RACES Meeting

December 2
Time: 7:30 pm
ZOOM



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