



CERT



NASSAU COUNTY



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CERT Monthly Newsletter

DECEMBER 2021

**CERT IS
WHAT
YOU
MAKE IT**



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

Dear Members,

We hope that you all had a safe and happy Thanksgiving holiday!

Each of us know that it has been a long year and as we approach the end of the year and prepare for 2022 we hope to resume the things we love to do. However, it's important to recognize that COVID-19 is still a very real threat. For all meetings we will follow recommended guidelines, implement safe practices, wearing masks, maintain social distancing and ensure the comfort of everyone in attendance.

On Wednesday, December 1 there will be a combined CERT Division 1 and All-County meeting. The meeting will be at the OEM Lecture Hall, doors open at 7:00pm with the meeting scheduled for 7:30pm. We have a guest speaker, Councilman Anthony D'Esposito, who will be presenting Narcan Training. Training includes how to identify an overdose victim, administer the Narcan Kit and contact emergency officials. Participants will receive a Narcan certificate and a Narcan Kit.

We would like to Thank all of our team members who have participated and helped during the year and look forward to a great 2022 for the CERT program!

Our best wish's to everyone and there families for a safe and enjoyable holiday season and a Happy New Year!

Bob, Rick & Paul

Winter Weather

Prepare for 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, sick individuals and pets at greater risk

How to Protect Yourself from Winter Weather

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

Know your winter weather terms:

Winter Storm Warning

Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

Winter Storm Watch

Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

Winter Weather Advisory

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

Know Your Risk for Winter Storms

Pay attention to weather reports and warnings of freezing weather and winter storms. Listen for emergency information and alerts. 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.

Preparing for Winter Weather

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. 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 unable to afford your heating costs, weatherization or energy-related home repairs, contact the Low Income Home Energy Assistance Program (LIHEAP) for help.

In Case of Emergency

Be prepared for winter weather at home, at work and in your car. 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.

Coronavirus Disease 2019 (COVID-19)

Sign up for email updates about coronavirus from the Centers for Disease Control and Prevention (CDC). Learn the symptoms of COVID-19 and follow CDC guidance. 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

Stay Safe During Winter Weather

- 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.
- Reduce the risk of a heart attack by avoiding overexertion when shoveling snow and walking in the snow.



Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.

Learn the signs of, and basic treatments for, frostbite and hypothermia.

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.

Winter Holiday Safety

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

HOLIDAY DECORATING

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.



HOLIDAY ENTERTAINING

- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.



Before Heading Out or to Bed

Blow out lit candles when you leave the room or go to bed. **Turn off** all light strings and decorations before leaving home or going to bed.

FACTS

- ❗ More than **one-third** of home decoration fires are started by candles.
- ❗ More than **two of every five** decoration fires happen because decorations are placed too close to a heat source.



**NATIONAL FIRE
PROTECTION ASSOCIATION**
The leading information and knowledge resource
on fire, electrical and related hazards

Your Logo



Radio Amateur Civil Emergency Services

(RACES)

RACES / CERT Comms Group SITREP

December 2021



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

The next meeting is Thursday, December 2.

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

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

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2	3	4	5	6 RACES Meeting 7:30pm	7	8
9	10	11	12	13	14	15
16		18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Important CERT Dates

RACES Meeting
December 2
Time: 7:30 pm
ZOOM



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