

Flood Information Resources for Iowa

Shelter

Red Cross: Locate Open Shelters: <https://www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter.html>

Iowa Disaster Recovery Resources: <https://www.iowa.gov/disaster-recovery-resources>

Safety and Health

Arbor Family Counseling: Emotional Effects of Flooding

<https://www.arborfamilycounseling.com/2019/03/20/emotional-effects-of-flooding/>

CDC EPIC insider: After a Flood

<https://content.govdelivery.com/accounts/USCDC/bulletins/234095f>

Coping With Disasters: Health Information Guide (for professionals)

<https://disasterinfo.nlm.nih.gov/coping>

Coping With Disasters (for the public): <https://medlineplus.gov/copingwithdisasters.html> ; En Español: [Enfrentarse con desastres](#)

Floods: Health Information Guide (for professionals): <https://disasterinfo.nlm.nih.gov/floods>

Floods (for the public): <https://medlineplus.gov/floods.html> , En Español: [Inundaciones](#)

Food and Water Safety During Power Outages and Floods:

<https://www.fda.gov/food/recallsoutbreaksemergencies/emergencies/ucm076881.htm>

Rx Open – find open pharmacies in areas impacted by disaster:

<https://www.healthcareready.org/rxopen>

SAMHSA Disaster Distress Helpline – provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters:

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Communication, Financial

Iowa Disaster Declaration approved (lists counties affected):

<https://www.whitehouse.gov/briefings-statements/president-donald-j-trump-approves-iowa-disaster-declaration-4/>

Iowa Homeland Security & Emergency Management: <https://www.homelandsecurity.iowa.gov/>

Iowa Disaster Recovery Resources: <https://iowa.gov/disaster-recovery-resources>

FEMA Federal Aid Programs for the State of Iowa <https://www.fema.gov/news-release/2019/03/24/federal-aid-programs-state-iowa>

FEMA Individual Disaster Assistance - <https://www.fema.gov/individual-disaster-assistance>

Financial Assistance After a Disaster - <https://www.usa.gov/disaster-financial-help>

Residential US Postal Service disruptions: <https://about.usps.com/newsroom/service-alerts/weather-updates-residential.htm>



Telecommunications: AT&T – unlimited talk, text and data access through March 25 to affected zip codes: <https://about.att.com/newsroom/2019/flooding.html>

Telecommunications: Verizon – unlimited domestic Talk, Text & Data through March 25 to affected zip codes: <https://www.verizonwireless.com/featured/relief/?intcmp=vzwdom>

Populations: UNMC, Veterans

Nebraska Medical Center & UNMC – Flood Relief Donation Management Center, opens March 27. Hours: weekdays from 10am-8pm. <https://www.unmc.edu/news.cfm?match=23574&>

UNMC Students & Employees – University of Nebraska Emergency Assistance Fund: <https://nufoundation.org/-/nu-university-of-nebraska-emergency-assistance-fund-01148810>. To apply for assistance, contact the university at NUEmergencyFund@nebraska.edu or call 402-472-2111.

UNMC Students – UNMC Food Pantry: <https://www.unmc.edu/student-services/student-life/unmcfoodpantry.html> ; UNMC Counseling & Student Development Center <https://www.unmc.edu/stucouns/> ; questions? contact Philip Covington, Ed.D, Assistant Vice Chancellor for Student Success Philip.covington@unmc.edu

UNMC Employees – Employee Assistance Program <https://info.unmc.edu/benefits/eap.html> ; Department of Human Resources <https://www.unmc.edu/human-resources/> .

Veterans: Iowa County Veterans Offices – some counties may have dedicated funds to assist with temporary shelter and food supplies: <https://dhs.iowa.gov/disaster-assistance-programs>

Helping others

Nebraska Medical Center & UNMC – Flood Relief Donation Management Center, taking donations at Annex 22 (601 S. Saddle Creek Road, Omaha) starting March 26, weekdays from 10am-6pm. <https://www.unmc.edu/news.cfm?match=23574&> . Volunteers welcome: contact Pat O’Neill, 402-559-7121, paoneil@unmc.edu.

Iowa Disaster Recovery Resources-Donations: <https://www.iowa.gov/disaster-recovery-resources>

Donate with care <https://protectthegoodlife.nebraska.gov/news/donate-care-response-historic-flooding>

How to help those affected by the flooding in Nebraska and Iowa: https://www.omaha.com/weather/how-to-help-those-affected-by-the-flooding-in-nebraska/article_b5aea497-9bfa-5e1e-8e99-e4c684a97ee8.html

[Information gathered from: American Red Cross, Centers for Disease Control & Prevention, Iowa.Gov, KETV, Omaha World-Herald, U.S. National Library of Medicine Disaster Information Management Research Center, U.S. Postal Service, UNMC Vitals Student Newsletter, and UNMC’s McGoogan Library of Medicine]