Flood Information Resources for Iowa

**Shelter**

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

Farm Flood Information Resources


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

Iowa Department of Public Health-Flood and Tornado-related disease precautions & information (English & Spanish) http://idph.iowa.gov/flooding

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):


Iowa Disaster Recovery Resources: https://iowa.gov/disaster-recovery-resources ; locate county coordinator contact information:

FEMA news releases – searchable for the State of Iowa: https://www.fema.gov/news-releases?field_related_fema_regions_tid=All&items_per_page=10

Updated April 24, 2019
FEMA Individual Disaster Assistance - [https://www.fema.gov/individual-disaster-assistance](https://www.fema.gov/individual-disaster-assistance)

Financial Assistance After a Disaster - [https://www.usa.gov/disaster-financial-help](https://www.usa.gov/disaster-financial-help)

Metropolitan Area Planning Agency (Omaha-Council Bluffs)  

Residential US Postal Service disruptions: [https://about.usps.com/newsroom/service-alerts/weather-updates-residential.htm](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](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](https://www.verizonwireless.com/featured/relief/?intcmp=vzwdom)

**Populations: UNMC, Veterans**

**Nebraska Medical Center & UNMC** – Flood Relief Donation Management Center, opened March 27. Hours: weekdays from 10am-4pm. [https://www.unmc.edu/news.cfm?match=23574&](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](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.

**University of Nebraska** news items supporting flood victims, courtesy of UNL: [https://news.unl.edu/free-tags/flood-2019/](https://news.unl.edu/free-tags/flood-2019/)

**UNMC Students** – UNMC Food Pantry: [https://www.unmc.edu/studentservices/student-life/unmfoodpantry.html](https://www.unmc.edu/studentservices/student-life/unmfoodpantry.html); UNMC Counseling & Student Development Center [https://www.unmc.edu/stucouns/](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](https://info.unmc.edu/benefits/eap.html); Department of Human Resources [https://www.unmc.edu/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. Includes grant deadline dates: [https://dhs.iowa.gov/disaster-assistance-programs](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) weekdays from 10am-4pm. [https://www.unmc.edu/news.cfm?match=23574&](https://www.unmc.edu/news.cfm?match=23574&). Contact: robert.jennings@unmc.edu

Iowa Disaster Recovery Resources-Donations: [https://www.iowa.gov/disaster-recovery-resources](https://www.iowa.gov/disaster-recovery-resources)

How to help those affected by the flooding in Nebraska and Iowa:

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