



Cedar County Disaster Newsletter November 25, 2020

Volume 1: Issue 11

On November 18, 2020, Governor Reynolds signed a new Public Health Disaster proclamation that modifies existing public health measures to provide clarity and simplify the measures applicable to recreational activities and fitness centers.

GATHERINGS

Section 1. Pursuant to Iowa Code § 135.144 (3), and in conjunction with the Iowa Department of Public Health, unless otherwise modified by subsequent proclamation or order of the Iowa Department of Public Health, I order that effective immediately and continuing until 11:59 p.m. on December 10, 2020:

A. Indoor gatherings of more than 15 people prohibited: Social, community, business, or leisure gatherings or events of more than 15 people are prohibited at all indoor locations and venues unless explicitly permitted by this Proclamation or all members of the gathering live in the same household. This includes wedding and funeral receptions, family gatherings, festivals, conventions, fundraisers, and other nonessential gatherings and events where people who do not ordinarily live or work together congregate indoors. This section does not apply to restrict gatherings that occur during the ordinary course of business or government between employees or members of the public, including but not limited to gatherings in an office or manufacturing workplace, normal retail operations, or other establishments explicitly addressed in this Proclamation.

B. Outdoor gatherings of more than 30 people prohibited: Social, community, business, or leisure gatherings or events of more than 30 people are prohibited at all outdoor locations and venues unless explicitly permitted by this Proclamation or all members of the gathering live in the same household. This includes wedding and funeral receptions, family gatherings, festivals, conventions, fundraisers, and other nonessential gatherings and events where people who do not ordinarily live or work together congregate outdoors. This section does not apply to restrict gatherings that occur during the ordinary course of business or government between employees or members of the public, including but not limited to gatherings in an office or manufacturing workplace, normal retail operations, or other establishments explicitly addressed in this Proclamation.

C. Sporting and recreational gatherings: Except for high school, collegiate, or professional sporting or recreational gatherings, all sporting or recreational gatherings of any size are prohibited unless the gathering organizer and all participants comply with the following requirements:

1. **Social Distancing Required:** All participants in the gathering—including all athletes, coaches, or instructors—must maintain six feet of physical distance between all other participants at all times. Activities where closer contact is required or reasonably unavoidable, such as a wrestling meet or basketball game, are prohibited.

2. **Spectators limited:** The gathering organizer and all spectators must ensure that spectators are limited to no more than two spectators for each athlete participating in the gathering. Spectators may only be present during the time that athlete is participating in a practice, game, meet, or competition. The gathering organizer and all spectators must also ensure at least six feet of physical distance between each group of spectators.

3. **Masks required:** Although athletes are not required to wear a mask while participating in a gathering, all other participants over the age of two shall wear a mask or other face covering for all gatherings.

D. High School-sponsored sporting and extracurricular events: Sporting, recreational, and other extracurricular gatherings sponsored by a high school, including practices, games, competitions, and performances are not prohibited by this section, provided that all participants in the gathering comply with the following requirements:

1. **Spectators limited:** The gathering organizer and all spectators must ensure that spectators are limited to no more than two spectators for each student athlete, performer, or competitor participating in the gathering. Spectators may only be present during the time that student or the student's team is participating in a game, meet, or competition. The gathering organizer and all spectators must also ensure at least six feet of physical distance between each group of spectators.
2. **Spectator masks:** Although student participants are not required to wear a mask while participating in an event, all spectators over the age of two shall wear a mask or other face covering for all gatherings.
3. **Spiritual and religious gatherings:** Spiritual and religious gatherings, including any funerals or weddings, are not prohibited by this section. But a church, synagogue, or other host of a spiritual or religious gathering shall implement reasonable measures under the circumstances of each gathering to ensure social distancing of employees, volunteers, and other participants, increased hygiene practices, and other public health measures to reduce the risk of transmission of COVID-19 consistent with guidance issued by the Iowa Department of Public Health.

REOPENING OF BUSINESSES AND ESTABLISHMENTS

Section 2. Pursuant to Iowa Code § 135.144 (3), and in conjunction with the Iowa Department of Public Health, unless otherwise modified by subsequent proclamation or order of the Iowa Department of Public Health, I order that effective immediately and continuing until 11:59 p.m. on December 10, 2020:

A. Fitness centers: A fitness center, health club, health spa, or gym may reopen or remain open, but only to the extent that it complies with the following requirements:

1. **Social distancing:** The establishment must ensure that all equipment, such as treadmills, bikes, weight machines, benches, and power racks, are spaced at least six feet apart or take other appropriate measures to ensure that more closely spaced equipment is not used.
2. **Group activities:** Any group activities or classes must be limited to a number of people that permits maintaining a distance of six feet apart at all times, and the establishment shall ensure that all such activities and classes comply with the requirements for sporting and recreational gatherings in this Proclamation.
3. **Other social distancing, hygiene, and public health measures:** The establishment shall also implement reasonable measures under the circumstances of each establishment to ensure social distancing of employees and customers, increased hygiene practices, and other public health measures to reduce the risk of transmission of COVID-19 consistent with guidance issued by the Iowa Department of Public Health.

LET'S STEP UP
AND STOP THE SPREAD

We know that these are trying times for everyone. The following resources are available for Cedar County residents:

COUNSELING SERVICES AVAILABLE

Free counseling is available to any Iowan who has been affected, in any way, by the COVID-19 public health emergency. The options available are:

- Call 800-447-1985 to connect with a counselor specializing in rural issues and agriculture 24 hours a day, seven days a week.
- Call the Iowa Warm Line, 844-775-9276, to connect with a peer counselor or request to get in touch with a COVID Recovery Iowa counselor.

ARE YOU FACING AN IMMEDIATE CRISIS? PLEASE CALL FOR HELP:

- Call 911 for emergencies
- The Eldercare Locator: 1-800-677-1116 (interpretation services for 150 languages)
- National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522
- National Sexual Assault Hotline: 1-800-656-HOPE (4673) or Online Chat
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat.
- Veteran's Crisis Line: 1-800-273-TALK (8255) or Crisis Chat or text: 8388255
- Domestic Violence Intervention Program 24/hr. Crisis Line: 1-800-373-1043
- Homeless or facing a housing crisis? Call Houselowa at 1-833-739-0065 for assistance.

COVID-19 TESTING

COVID-19 testing appointments at Test Iowa locations are filling up. Before heading to a Test Iowa site, complete the assessment first at testiowa.com and schedule an appointment to be tested at any location. Call Test Iowa with questions about testing: 515-575-2131 or 844-844-1561 (toll free), 8 am - 8 pm seven days a week (except Holidays).

EVICTION AND FORECLOSURE PREVENTION PROGRAM -

On May 29, Governor Kim Reynolds launched a new program that will provide short-term relief to income-eligible renters and homeowners who are at risk of eviction or foreclosure due to a documented COVID-19 related loss of income. For information, call the Housing Recovery Help Line at 1-855-300-5885 or 515-348-8813. **THE LAST DAY TO APPLY FOR THIS PROGRAM IS DECEMBER 4, 2020 AT 5:00PM**

DISASTER DISTRESS HELPLINE

Provides immediate crisis counseling for people who are experiencing emotional distress related to any disaster, natural or man-made. 1-800-985-5990. You can also text TalkWithUS to 66746 for assistance.

IOWA WORKFORCE DEVELOPMENT

Iowans who may qualify for unemployment due to COVID-19 or under the CARES Act can find information by calling: 1-866-239-0843

UNINSURED?

If you are uninsured and need COVID-19 testing, you can call 1-855-889-7985 for assistance.

COMMUNITY ACTION OF EASTERN IOWA

Do you need help with food, utility bill assistance, crisis assistance, disaster assistance, or other help? Contact Community Action of Eastern Iowa at 563-324-3236

EASTERN IOWA MENTAL HEALTH AND DISABILITY SERVICES – It's OK to ask for help!!

- 24-Hour Mobile Crisis Outreach & 24-Hour Crisis Line 1-844-430-0375
- 24 Hour Life Connections Peer Respite Support Line 1-516-688-7484
- MCSA Peer Line and Virtual Groups. Open 8am-5pm M-F 563-200-2742
- Life Connections Peer Line and Virtual Groups. M, T, Th, F: 5pm-10pm, Sat-Sun 12pm-5pm 563-357-6352
- Vera French Peer Drop In- 8am-4pm M-F 563-322-5276
- 24 Hour Crisis Stabilization Residential 563-396-3017

NEED HELP WITH YOUR HOME ENERGY BILL?

For individuals who received a disconnection notice or who have difficulty paying a utility bill, there is help available through Community Action of Eastern Iowa. Families can apply for the Low-Income Energy Assistance Program (LIHEAP) that can help pay a portion of an eligible household's utility bill. The program began accepting applications October 1, 2020, for households that have a member who is at least 60 years of age, or disabled, or where disconnection is imminent. All others may apply November 1, 2020 - April 30, 2021. For assistance, please call 563-324-3236 or contact the Iowa Department of Human Rights at 1-800-351-4659.

REFUGEE ALLIANCE OF CENTRAL IOWA

COVID-19 ELL Help Line is available Monday – Friday, 8:30am to 5:00pm at 1-877-558-2609.

FOOD BANK SERVICES

The Department of Human Services (DHS) has made several modifications to its food security programs due to the COVID-19 crisis. For more information, or to apply for SNAP benefits, call 1-855-944-3663.

IOWA LEGAL AID

Individuals with questions of a legal nature can call the Legal Information Hotline at 1-800-332-0419.

CEDAR COUNTY GENERAL ASSISTANCE

- There are three kinds of assistance in Cedar County
 - ▶ Emergency assistance for needy persons:
 - ▶ Assistance for poor persons,
 - ▶ Assistance for an extended nature.

You can also request food boxes from Cedar County General Assistance. For more information, call 563-886-1726

DECEMBER 2020 HACAP FOOD RESERVOIR SCHEDULE

- 12/4/2020 – Tipton UMC, 607 Lynn Street, Tipton. 3:30pm – 4:30pm
- 12/8/2020 – Bennett Ambulance Service Building – 145 Main Street, Bennett – 3:30pm – 4:30pm
- 12/15/2020 – West Branch Fire Department – 105 S. 2nd Street, West Branch – 3:30pm – 4:30pm

This newsletter is published monthly by the Cedar County Emergency Management Agency to provide information, updates and resources regarding COVID-19 and the derecho for our citizens. The contacts contained herein are being provided on an informational basis; we are not responsible for the content or services provided. Information is believed to be current as of the printing date of 11/24/2020.