



Cedar County Disaster Newsletter December 31, 2020 Volume 1: Issue 12

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 11/30/2020.

On December 17, 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.

Summary of Enhanced Public Health Measures Effective Thursday, Dec. 17 at 12:01 a.m. through Wednesday, Jan. 8 at 11:59 p.m.

Mask Use: Indoor spaces open to the public & State executive branch buildings

- No change

Gathering Restrictions: Social, community, business, or leisure gatherings

- Ensure 6-foot distance between groups or individuals attending alone

Sporting and Recreational Events:

- Only two spectators for each youth or adult athlete, cheerleader, pep band member, or organizer staff, unless all spectators are from the same household, must wear a mask and maintain 6 feet distance from other spectators
- Youth and adult participants can be closer than 6-feet and are not required to wear masks

High School Sports & Extracurriculars: Sporting, recreational, and extracurricular events

- Only two spectators for each high school athlete, performer, competitor, cheerleader, pep band member, or staff member, unless all spectators are from the same household, must wear a mask and maintain 6 feet distance from other spectators
- Students participating can be closer than 6-feet and are not required to wear masks

Fitness Centers: Fitness centers, health clubs, health spas, gyms

- Group fitness activities are allowed if a 6-foot distance is maintained

Restaurants and Bars: Restaurant or bar, including a wedding reception venue, winery, brewery, distillery, country club, or other social or fraternal club

- Masks required when not seated at a table, booth, or bar (while playing games, dancing, etc.)
- Six feet distancing between groups
- Groups limited to 8 people unless larger group is all same household
- Seated when eating or drinking and limit congregating

Casinos & Gaming Facilities:

- Masks required except when seated to eat or drink.

Closer/Prolonged Contact Establishments: Bowling alleys, pool halls, bingo halls, arcades, indoor playgrounds, children’s play centers

- Mask required when not seated to eat or drink
- Ensure that groups and individuals are six feet apart at establishment
- Groups limited to eight people unless larger group is all same household

Nonessential/elective surgeries: A hospital must reserve at least 10% of intensive care unit (ICU) beds and 10% of medical/surgical beds for COVID-19 patients.



***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.

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.

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).

Iowa Emergency Solutions Grant CARES Act

The Emergency Solutions Grant program helps prevent households from becoming homeless due to eviction, and assists Iowans experiencing homelessness to quickly regain rental housing. Examples of assistance available to eligible individuals include rent and utility payments, including in arrears, legal assistance, application fees, security and utility deposits, moving costs, case management and credit repair. All financial assistance is paid directly to landlords and service providers. The assistance will remain available until all funds are exhausted or September 30, 2022. Call 1-833-739-0065 for more information.

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

REFUGEE ALLIANCE OF CENTRAL IOWA

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

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.

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

JANUARY 2021 HACAP FOOD RESERVOIR SCHEDULE

- 1/8/2021 – Tipton UMC, 607 Lynn Street, Tipton. 3:30pm – 4:30pm
- 1/12/2021 – Bennett Ambulance Service Building – 145 Main Street, Bennett – 3:00pm – 4:00pm
- 1/19/2021 – West Branch Fire Department – 105 S. 2nd Street, West Branch – 3:30pm – 4:30pm