



## Emergency preparedness is the responsibility of all of us.

Being ready for an emergency includes staying informed about the different types of emergencies that could occur and their appropriate responses, developing a family emergency plan, building an emergency supply kit, and getting involved in your community by taking action to prepare for emergencies.

- ▶ For more information, such as disaster preparedness tips and Neighborhood Resource Centers, please visit [www.cityofcr.com/pact](http://www.cityofcr.com/pact).

## PREPARE



**When a major disaster occurs, you may need to survive on your own for several days.**

Assemble a disaster supply kit with at least a three-day supply of food and water, battery-powered radio, flashlight, first aid kit, extra batteries, whistle, dust mask, plastic sheeting and duct tape (to shelter in place), moist towelettes, garbage bags and plastic ties (for personal sanitation), wrench or pliers (to shut off utilities), can opener (for food), and a cellular phone with backup battery.



## ACT



**Your family may not be together if a disaster strikes,** so it is important to know what types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.



For more information, visit <https://www.ready.gov/plan>

## COMMUNICATE



**Receive Text Alerts from the City of Cedar Rapids**

Sign up at [CRNewsNow.com](http://CRNewsNow.com) or through the [Mobile CR](#) app.

**Tune into Your Radio**

Emergency Alert System Radio Stations:  
**WMT 600 AM** and **96.5 FM**

**Receive Weather Alerts**

Get an All Hazards NOAA Weather Radio



## TRAIN



**A "Neighbors Helping Neighbors" approach** helps individuals rely on people in their neighborhood for assistance within the first 72 hours after a disaster. Neighbors can share information and resources.

Also, consider getting training and volunteer for humanitarian organizations like the American Red Cross, The Salvation Army, and the United Way of East Central Iowa.

## EMERGENCY CONTACTS

POLICE, FIRE OR MEDICAL  
9-1-1

ALLIANT ENERGY  
1-800-255-4268

LINN COUNTY REC  
1-888-271-6250

MID-AMERICAN ENERGY  
1-800-595-5325

POLICE/FIRE NON-EMERGENCY  
319-286-5491



## Neighborhood Resource Centers (NRCs)

Located strategically across the community, Neighborhood Resource Centers have been selected to act as distribution points for information and resources following a major disaster. When there is a major disaster and critical infrastructure such as electrical power, cellular phone service, and Internet is disrupted, the City of Cedar Rapids wants residents to be able to go to a nearby Neighborhood Resource Center for information or resources. Establishing NRCs prior to a disaster assures families will have a location to receive important communications when traditional forms of communications are disrupted.

**Tune into emergency radio stations to learn which NRCs have been activated following an emergency. Locations participating as NRCs include:**

- ▶ **Bender Pool** | 1248 10th Street SE
- ▶ **Cherry Hill Park** | 341 Stoney Point Rd NW
- ▶ **Jones Park** | 2901 Fruitland Blvd SW
- ▶ **Cedar Rapids Public Library**
  - Downtown Location | 450 5th Avenue SE
  - Ladd Library | 3750 Williams Blvd SW
- ▶ **Lindale Mall** | 4444 1st Avenue NE
- ▶ **St. Paul's Methodist Church** | 1340 3rd Avenue SE
- ▶ **NW Recreation Center** | 1340 11th Street NW
- ▶ **National Czech & Slovak Museum & Library** | 1400 Inspiration Place SW
- ▶ **Fillmore Center** | 520 11th Street NW