



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.

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 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