



NEBRASKA DISASTER RESOURCE GUIDE





LETTER FROM THE GOVERNOR

Fellow Nebraskans,

Nebraska is the Good Life because of our people. We are involved in our communities, our schools and our churches. When disaster hits, this civic spirit is on display for the whole world to see. Nebraskans roll up their sleeves to get things done, help one another and rebuild.

Public and private partners have developed the Nebraska Disaster Resource Guide to help aid Nebraskans responding to disasters. From the Crisis Cleanup Hotline to services from Legal Aid of Nebraska, this booklet is full of resources that you can turn to as you work to get your family and community back on their feet.

As you rebuild, state and local government will be there to restore infrastructure, connect you to resources and keep people safe. While the State is here for you in your hour of need, the most powerful tool in any recovery is Nebraska's dedication to the principle of neighbor helping neighbor. Our families, neighbors and friends are our greatest advocates and allies as we pull together and make it through.

Together, we can rebuild bigger and better than ever before.

We are Nebraska Strong!

Sincerely,

A handwritten signature in black ink, reading "Pete Ricketts".

Pete Ricketts
Governor

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STATE AGENCY RESOURCES

DEPARTMENT OF AGRICULTURE

The Department of Agriculture provides product grading and inspection, promotion and development, animal damage control programs, National Agriculture Statistics Service information and commodity board service.

During a disaster, there is a need for volunteers and donations to help supply affected farms/ranches.

For up-to-date pick-up and drop-off locations, contact information and other resources, visit:

nda.nebraska.gov/resources

Contact Information:

301 Centennial Mall South
P.O. Box 94947
Lincoln, NE 68509
402-471-2341

For detailed information, resources and assistance, visit:

nda.nebraska.gov/resources

DEPARTMENT OF ECONOMIC DEVELOPMENT

The Department of Economic Development (DED) supports communities with development efforts; assists with starting, retaining and expanding businesses; and promotes the state for business locations and expansions. DED often has resources available as part of a long-term disaster recovery plan and overall economic development initiatives. There are specific resources devoted to increasing the supply and improving the quantity of affordable housing, as well as providing housing for lower-income households. There are also resources devoted to community development efforts, including expanding economic opportunities, enhancing living environments through infrastructure improvements and development of public facilities and public spaces.

n Resources for housing:

opportunity.nebraska.gov/grow-your-community/housing-resources



n Resources for communities:

opportunity.nebraska.gov/grow-your-community/resources

n Resources for businesses:

- Starting a business:

opportunity.nebraska.gov/start-your-business

- Expanding a business:

opportunity.nebraska.gov/expand-your-business

Contact Information:

301 Centennial Mall South
P.O. Box 94666
Lincoln, NE 68509
800-426-6505

For detailed information, resources and assistance, visit:

opportunity.nebraska.gov

DEPARTMENT OF ENVIRONMENT AND ENERGY

The Department of Environment and Energy works to protect Nebraska's air, land and water resources, by enforcing regulations and providing assistance. The Department operates a number of state and federal programs to assist individuals and communities in the wake of a disaster. Programs include weatherization assistance; the State Energy Program and special projects; Dollar and Energy Savings Loans; the State Heating and Oil Propane Program; water contamination testing assistance; important information and status updates; and statutorily required activities, such as data collection and reporting.



n For emergency and disaster information, resources and assistance, visit: dee.ne.gov. The site contains the following resources:

- Environmental guidance on disaster recovery
- Status of drinking water
- Land and waste management information
- Process for disposing of animal carcasses
- Mobile testing lab locations
- How to dispose of hazardous material
- Information on disaster-related assistance programs and loans

n Severe weather can pose threats to the quality of private water supplies. Cloudiness or a change in taste or smell are signs of possible contamination. If there is indication that the water supply has been breached, even without noticeable changes in taste or smell, residents are encouraged to test their well water.

Water sample kits to test for coliform bacteria are available from the Nebraska Public Health Environmental Laboratory. The kit, along with analysis, shipping and handling included, costs \$17.00. Request a kit at nebraska.gov/dhhs/water-test-kits/private.html or 402-471-3935 between 8:00 a.m. and 5:00 p.m. Monday through Friday.

n Dollar and Energy Savings Loan Program:

- The Department of Environment and Energy, in conjunction with Nebraska lending institutions, offers Dollar and Energy Savings Loans at 1 percent interest for eligible savings projects. These loans are meant to assist those impacted by disasters with home repairs, provided the home has not been condemned. Subject to lender approval.

- Project applications must be submitted to a Nebraska based lender and the Department of Environment and Energy prior to installation. However, if emergency improvements have already been made, the Department will allow loans for prior improvements, provided that installed equipment and materials meet program requirements.

n Interim Loans for Drinking and Wastewater Projects:

- The Department is offering communities 0 percent loans to assist in projects to restore their 2019 flood-impacted drinking and wastewater facilities. These funds will be part of the State's revolving loan fund and can serve as gap financing between the time a community is approved for disaster reimbursement and the time they receive this reimbursement. For more information: 402-471-4200.

n The following projects are eligible for emergency loans:

- Appliance replacement, heating, cooling, water heater replacement, doors and windows, insulation and foundation walls.

Contact Information:

P.O. Box 98922
Lincoln, NE 68509-8922
402-471-2186

For detailed information, resources and assistance, visit:

dee.ne.gov

DEPARTMENT OF HEALTH AND HUMAN SERVICES

The Department of Health and Human Services (DHHS) operates five divisions: Behavioral Health; Children and Family Services; Developmental Disabilities; Medicaid and Long-Term Care; and Public Health. Their operations include programs for financial assistance, SNAP benefits, medical coverage, shelter and utilities assistance, public health, child welfare and juvenile services and family support. DHHS provides the following programs for assistance to eligible children and adults:

n The Emergency Assistance Program provides help to families in situations which are threatening the health or wellbeing of an eligible child and family.

- In order to be eligible for emergency assistance, a family must have a child in the home and meet certain tests, including resource and income tests.
- Emergency Assistance payments may be made for shelter expenses, relocation expenses or non-medical transportation. Payments are made directly to the provider of the service.
- ACCESSNebraska: 800-383-4278

n The Low Income Home Energy Assistance Program (LIHEAP) provides the following types of assistance to households that meet eligibility requirements:

- Crisis assistance
- Deposit and reconnection fee assistance
- Furnace or air conditioner repair or replacement assistance
- For more information or to request assistance:
ACCESSNebraska 800-383-4278 or visit the LIHEAP website at:
dhhs.ne.gov/Pages/Energy-Assistance.aspx

n The 2019 Natural Disaster Recovery Child Care Grant awards a maximum of \$500 for license exempt providers, a maximum of \$5,000 for family child care homes and a maximum of \$10,000 for child care centers. Applicants must meet the following criteria to be eligible for funding:

- A child care provider that has been affected by the blizzard and/or flooding that occurred in March of 2019.
- A currently licensed family child care home, child care center or a license exempt provider with a child care subsidy agreement.
- Once funded, providers must remain in business and/or maintain a child care subsidy agreement for one year following the grant award.
- Grant application:
dhhs.ne.gov/Child%20Care%20Documents/2019%20Natural%20Disaster%20Recovery%20RFA.pdf

n Supplemental Nutrition Assistance Program (SNAP) helps recipients buy food, which raises nutrition levels among low-income households. A household may be one person or a group of people who buy and make their food together.

- ACCESSNebraska: 800-383-4278
- Replacement SNAP Benefits
 - In cases when food purchased with EBT benefits was destroyed in a disaster that affected a participating household, that household may be eligible for the replacement of the actual value of loss, not to exceed the household's one month SNAP allotment. The loss must be reported within 10 days of the occurrence and the household's disaster must be verified. The local office must verify the disaster through a collateral contact or a community organization, such as the fire department, the Red Cross or a home visit.



- This policy applies in cases of natural disasters affecting more than one household, as well as individual household disasters, such as fire, or power outage lasting more than four hours (for refrigerated food) or 24 hours (for frozen food). In cases where the Food and Nutrition Service has issued a disaster declaration and the household is otherwise eligible for disaster SNAP benefits, the household must not receive both the disaster allotment and replacement benefits for the same month under this provision. There is no limit on the number of replacements for food purchased with SNAP benefits which were destroyed in a household misfortune.

n Disaster SNAP (D-SNAP)

- D-SNAP provides food benefits to those who are not currently SNAP recipients. It requires a Presidential Disaster Declaration for counties, which must also be eligible for FEMA Individual Assistance. The State must request a waiver from USDA Food and Nutrition Services. The State can also get a waiver to supplement SNAP issuance to current households to increase benefits during the disaster time.

n Additional resources:

- To apply for assistance, visit:
dhhs.ne.gov/pages/accessnebraska.aspx
- For income eligibility guidelines, visit:
dhhs.ne.gov/Documents/477-000-012.pdf



- When severe weather occurs, the following information may be helpful for response and recovery efforts:
 - Main DHHS Switchboard: 402-471-3121
 - Abuse & Neglect: 800-652-1999
 - Suicide Prevention: 800-273-8255 (TALK)
 - Economic Assistance: 800-383-4278
 - Medicaid Assistance: 855-632-7633
- For mental and emotional health support information, visit:
dhhs.ne.gov/Pages/Emotional-First-Aid-After-Storms-Sweep-Nebraska.aspx
- For treatment and recovery information, visit:
dhhs.ne.gov/Pages/Addiction-Treatment-and-Recovery.aspx

Contact Information:

1445 K Street
P.O. Box 94981
Lincoln, NE 68509
402-471-3475

For detailed information, resources and assistance, visit:
dhhs.ne.gov/Pages/default.aspx

DEPARTMENT OF INSURANCE

The Nebraska Department of Insurance educates and informs consumers about insurance issues. It reviews life, health, property or casualty policy forms for approval or disapproval; reviews and approves/disapproves rates for many lines of insurance; and investigates insurance fraud and consumer complaints.

n For persons without flood insurance, or to file a claim: 877-564-7323.

Contact Information:

1135 M Street, Suite 300
P.O. Box 82089
Lincoln, NE 68501
402-471-2201 or 877-564-7323

For detailed information, resources and assistance, visit:
doi.nebraska.gov

DEPARTMENT OF LABOR

The Nebraska Department of Labor provides unemployment insurance benefits; employment and training; labor market information; and workplace and safety inspection.

n For employers, workers or homeowners affected by the disaster, NDOL provides the following resources:

- Disaster Unemployment Assistance: 402-458-2499
- Short-Time Compensation for Employers: 402-471-9912
- Short-Time Compensation for Workers: 402-458-2500
- To verify contractor and subcontractor registration: 402-471-2239 or visit:
dol.nebraska.gov/conreg

Contact Information:

550 South 16th Street
Lincoln, NE 68508
402-471-9000

For detailed information, resources and assistance, visit:
dol.nebraska.gov

DEPARTMENT OF REVENUE

The Department of Revenue serves the public by administering State revenue laws with integrity, efficiency and consistency. The Department understands that Nebraskans and Nebraska businesses are periodically affected by natural disasters in our state and other parts of the country, which create difficulties in regards to tax filing responsibilities if you do not have access to your computer, files or tax records. The Department will work with businesses and individuals regarding any tax returns and taxes due, including sales tax returns. The Department will also consider abating any penalties and interest where circumstances warrant and the law allows.

For help with tax information for victims of natural disasters:
402-471-5729 or 800-742-7474

Contact Information:

301 Centennial Mall South
P.O. Box 94818
Lincoln, NE 68509
402-471-5729 or 800-742-7474

For detailed information, resources and assistance, visit:
revenue.nebraska.gov

DEPARTMENT OF TRANSPORTATION

The Nebraska Department of Transportation (NDOT) is responsible for the planning, development, design, construction, maintenance and administration of the state highway system. The goals of the Department are to preserve Nebraska's investment in their state highway system by making the highways safe and efficient, while accomplishing this in a timely and cost-effective manner.

n For road closures and damaged roads, visit:

hb.511.nebraska.gov/#roadReports?timeFrame=TODAY&layers=roadReports

n For updates on flood response and the road to recovery, visit:

dot.nebraska.gov/news-media/nebraska-flood-2019

n NDOT's Contact Us email/webpage is manned during business hours and employees provide information as quickly as possible. Visit:

dot.nebraska.gov/contact-us

n Federal assistance on state highways and local federal aid routes is managed by the Federal Highway Administration. Information on emergency relief eligibility and reimbursement can be found at:

fhwa.dot.gov/programadmin/erelief.cfm



n Federal assistance for roads off federal aid routes is managed by FEMA's Public Assistance Program under Category C:

fema.gov/media-library-data/1515614675577-be7fd5e0cac814441c313882924c5c0a/PAPPG_V3_508_FINAL.pdf

n To identify federal aid routes visit:

dot.nebraska.gov/travel/map-library/func-by-city/ or
dot.nebraska.gov/travel/map-library/func-by-county

n If you have questions about a specific regional location call the district offices:

- District 1 Thomas Goodbarn, Lincoln: 402-471-0850
- District 2 Timothy W. Weander, Omaha: 402-595-2534
- District 3 Kevin Domogalla, Norfolk: 402-370-3470
- District 4 Wesley Wahlgren, Grand Island: 308-385-6265
- District 5 Doug Hoevet, Gering: 308-436-6587
- District 6 Gary Thayer, North Platte: 308-535-8031
- District 7 Kurt Vosburg, McCook: 308-345-8490
- District 8 Mark Kovar, Ainsworth: 402-387-2471

Contact Information:

1500 Nebraska Highway 2
P.O. Box 94759
Lincoln, NE 68509
402-471-4567

For detailed information, resources and assistance, visit:

dot.nebraska.gov



DEPARTMENT OF VETERAN'S AFFAIRS

The Nebraska Department of Veteran's Affairs (NDVA) administers State benefit programs for qualified Nebraska veterans and eligible dependents.

n For disaster relief, visit:

veterans.nebraska.gov/flood-assistance

n Veterans and their dependents may be eligible for Nebraska Veterans Aid (NVA) for expenses incurred due to a natural disaster in Nebraska. This includes food, clothing, emergency housing and replacement of eligible flood-damaged items necessary for life and safety.

- Applications must be completed through your County Veterans Service Office (CVSO). You can find your CVSO's contact information at: veterans.nebraska.gov/cvso

Contact Information:

301 Centennial Mall South
P.O. Box 95083
Lincoln, NE 68509-5083
402-471-2458

For detailed information, resources and assistance, visit:

veterans.nebraska.gov

NEBRASKA EMERGENCY MANAGEMENT AGENCY

The Nebraska Emergency Management Agency (NEMA) works to reduce the vulnerabilities of the people and communities of Nebraska from the damage, injury and loss of life and property resulting from natural, technological or man-made disasters and emergencies.

n When disaster strikes, local jurisdictions respond. When the disaster exceeds their capacity to respond, they can declare a local disaster and request the assistance of the State. If the event exceeds the capacity of State resources, the Governor may declare a state emergency and request federal assistance. The federal declaration is determined by a number of factors including population (tax base), impact on jurisdictions and recent disaster history. Normally, the Federal Government pays 75 percent of all eligible public costs. Traditionally, the State and local governments equally split the remaining 25 percent.

n Under a Presidential Disaster Declaration, NEMA and FEMA coordinate state and federal activities in a Joint Field Office. The two disburse recovery funds for FEMA programs: Public Assistance, Individual Assistance or both.

- Public assistance is used to help local and state governments recover their disaster expenses. It is used to pay for roads, bridges, public buildings and other facilities damaged in the disaster. It also pays for costs such as the National Guard, police, fire and public works employee salaries and other costs. Federal assistance may be granted when the situation is clearly beyond the capability of both the local and state governments.
- Individual assistance is provided to the survivors of the disaster. It can come in grants to individuals and low interest loans to households and businesses.

n To connect those impacted by disasters with needed resources, contact the NEMA Call Center 24 hours a day: 402-471-7421.

n NEMA provides the following types of information to those impacted by a disaster:

- Information on how to stay safe
- Health resources
- Where to start when returning home after a disaster
- Press releases and media information
- Pictures and videos
- Current estimated damage impacts
- Disaster Dashboards

Contact Information:

2433 N.W. 24th Street
Lincoln, NE 68524
877-297-2368

For detailed information, resources and assistance, visit:

nema.nebraska.gov

OFFICE OF THE GOVERNOR

Contact Information:

Office of the Governor
P.O. Box 94848
Lincoln, NE 68509
402-471-2244

For detailed information, resources and assistance, visit:

governor.nebraska.gov

OFFICE OF THE ATTORNEY GENERAL

The Office of the Attorney General operates, in many respects, as the "State's law firm." The office is headed by the Nebraska Attorney General, an independently-elected constitutional officer, and is a diverse organization of highly specialized attorneys and support staff.

n For Nebraskans affected by natural disasters, the Nebraska Attorney General's office provides the following resources, adapted with permission from the Judicial Branch Legal Resources:

- Help finding a lawyer, help representing yourself, legal clinics, law and public libraries and other resources. For more information, visit: supremecourt.nebraska.gov/self-help/legal-resources-information

Contact Information:

2115 State Capitol
Lincoln, NE 68509
402-471-2683

For detailed information, resources and assistance, visit:

ago.nebraska.gov



STATE PATROL

The Nebraska State Patrol is a full-service law enforcement agency, providing support and assistance to the citizens of Nebraska through a variety of programs and services.

- For the general Information line: 402-471-4544
- Motorist Assistance line: *55
- For emergencies: 911



FEDERAL AGENCY RESOURCES

FEDERAL EMERGENCY MANAGEMENT AGENCY

The Federal Emergency Management Agency (FEMA) coordinates the Federal Government's role in preparing for, preventing, mitigating the effects of, responding to and recovering from all domestic disasters, whether natural or man-made, including acts of terror.

- To see if your area is eligible for disaster assistance, visit:
disasterassistance.gov

n To apply for assistance: 800-621-3362 or visit:
sba.gov/funding-programs/disaster-assistance

n Disaster Recovery Centers offer services including the Crisis Counseling Program, disaster legal services, disaster unemployment and SBA program information.

To find a disaster recovery center, visit:
egateway.fema.gov/ESF6/DRCLocator

For other information, news releases, designated counties, etc., visit:
fema.gov/disasters

U.S. DEPARTMENT OF AGRICULTURE

The U.S. Department of Agriculture (USDA) provides leadership on food, agriculture, natural resources, rural development, nutrition and related issues based on public policy, the best available science and effective management.

- Visit the Disaster Resource Center at:
usda.gov/topics/disaster
- For the Farmer Disaster Assistance Discover Tool:
farmers.gov/recover/disaster-assistance-tool
- For resources in responding to storms:
usda.gov/topics/disaster/storms
- For Rural Development Disaster Assistance:
rd.usda.gov/programs-services/services/rural-development-disaster-assistance



- Farmers who have lost machinery or livestock should report to the Farm Service Agency office. County office contact information can be found on the agency website at:
fsa.usda.gov/state-offices/Nebraska/index

n For general information: 402-471-3422

n In need of hay, feed, fencing materials, volunteer help or equipment: 800-831-0550

n For the safety of food and water affected by flooding: 402-471-3423

n Water Well Standards and Contractors' Licensing Program: 402-471-4982

n Water Main Laboratory: 402-471-2122

U.S. SMALL BUSINESS ADMINISTRATION

The U.S. Small Business Administration (SBA) helps Americans start, build and grow businesses. SBA aids, counsels, assists and protects the interests of small business concerns, to preserve free competitive enterprise and to maintain and strengthen the overall economy of our nation.

n Disaster Loans available:

- Business Physical Disaster Loans
- Economic Injury Disaster Loans (EIDL)
- Home Disaster Loans

n Visit the SBA website at:
sbpusa.org/start-here



COMMUNITY PARTNERSHIP RESOURCES



Behavioral Health Hotline

- For persons in distress: 888-866-8660

Crisis Cleanup Hotline

- For property cleanup post natural disaster: 833-556-2476

Disaster Relief Hotline

- 833-556-2476

Hay and Forage Hotline

- 402-471-4876

Heartland United Way

- For assistance or resources such as shelter, clean-up, food and clothing: 211 or 866-813-1731

Legal Aid of Nebraska

Legal Aid of Nebraska provides free legal help for Nebraska's low-income disaster survivors.

- For more information, visit:
disaster.legalaidofnebraska.org

Lutheran Family Services

Lutheran Family Services of Nebraska (LFS) helps disaster victims in Midwest communities that are facing challenges due to natural disasters. LFS has offices across the state and is here for their clients and community.

Many of those impacted by natural disasters do not speak English. LFS has interpreters available to anyone who needs communication help.

- For interpretation assistance: 833-588-4326
- For a list of needed donations, more information and resources, visit:
lfsneb.org

Servicios de Familias Luterano

Servicios de Familia Luterano (LFS) ayuda a víctimas de desastres in comunidades del Medio Oeste que enfrentan gravedades de desastres naturales. LFS tiene oficinas atreves del estado y está aquí para sus clientes y comunidad.

Mucha de la gente afectada por los desastres naturales no hablen inglés. LFS tiene intérpretes para los que necesitan asistencia de interpretación. Para ayuda, por favor llamar: 833-588-4326.

Para una lista de donaciones o más información y recursos, visite:
lfsneb.org

Nebraska Business Development Center

The Nebraska Business Development Center offers free counseling assistance to Nebraska business owners impacted by natural disasters.

- For a resource guide for small businesses navigating disaster recovery, visit:
unomaha.edu/nebraska-business-development-center/index.php
- For detailed information, resources and assistance, visit:
unomaha.edu/nebraska-business-development-center/services/disaster-recovery-services.php

Nebraska Cattlemen

- For disaster assistance programs and State regulations to consider during emergencies, visit:
nebraskacattlemen.org/wp-content/uploads/2019/03/nc-disaster-assistance.pdf

Nebraska Chamber

- For business owners needing guidance after a recent disaster, call the helpdesk at: 888-692-4943.
- For assistance, contact your local chamber of commerce.

Nebraska Community Foundation

Nebraska Community Foundation currently has two funds in place for the purpose of rebuilding:

- Rebuild the Heartland Community Fund, which was created by First National Bank of Omaha, in partnership with Nebraska Community Foundation. The Fund is currently focused on generating funding to support 2019 flood relief and rebuilding. The second phase will involve deploying funding to qualified nonprofit organizations in the impacted areas to support activities such as:
 - Implementing community development solutions such as housing, neighborhood revitalization or small business assistance.
 - Addressing and improving health and human services needs.
 - Cleaning up and protecting natural and environmental resources.
 - Strengthening infrastructure critical to a healthy community.
- NBA Bank on Nebraska Strong Fund was established by the Nebraska Bankers Association to provide relief and assist in rebuilding Nebraska communities affected by a natural disaster.

A number of community-based affiliated funds have also established accounts for the purpose of local rebuilding efforts.

If you have questions on how Nebraska Community Foundation can put charitable dollars to use in the community rebuilding effort, email: info@nebcommfound.org or call 402-323-7330.

Nebraska Farm Bureau

- For the Disaster Relief Fund and Information Exchange Portal, visit: nefb.org/get-involved/disaster-assistance

Nebraska Game and Parks Commission

- For park closures due to severe weather and natural disasters, visit: outdoornebraska.gov/weatherclosures

Nebraska Grain and Feed Association

- If you need a list of grain service or product providers to help you inspect or dispose of grain, visit: negfa.org/flooded-grain-lists
- For grain best practices related to natural disasters: 402-476-6174 or visit: negfa.org/flooded-grain

Nebraska Natural Resources Districts

Nebraska's local Natural Resources Districts (NRDs) are involved in a wide variety of projects and programs to conserve and protect the state's natural resources. NRDs work with landowners and other agencies to protect life and property and mitigate the damages that natural disasters cause. Local NRDs have resources dedicated toward assisting Nebraskans in the following natural resources programs:

- Erosion prevention and control
- Prevention of damages from flood water and sediment
- Flood prevention and control
- Soil conservation
- Water supply for any beneficial uses
- Development, management, utilization and conservation of groundwater and surface water
- Pollution control
- Solid waste disposal and drainage
- Drainage improvement and channel rectification
- Development and management of fish and wildlife habitat
- Development and management of recreational and park facilities
- Forestry and range management

Contact your local NRD:

nrdnet.org/nrds/find-your-nrd

Contact Information:

601 S 12th Street, Suite 201
Lincoln, NE 68508
402-471-7670

For detailed information, resources and assistance, visit:

nrdnet.org

Nebraska Preparedness Partnership

- For preparedness and partnership information: 800-659-2955

Nebraska Rural Response Hotline

- Individuals and families who may be feeling overwhelmed with stress, depression or other mental health related issues: 800-464-0258
- For farmers who are feeling emotionally overwhelmed: 800-464-0258

Nebraska Strong

The State of Nebraska is working with public/private partnerships, volunteer organizations, faith-based organizations and non-government organizations to identify unmet needs with available resources during natural disasters.

For detailed information, resources and assistance, visit:

nebraska.gov/nebraska-strong

Red Cross

- After a disaster, the role of the Red Cross is to address the immediate needs of those affected. The Red Cross provides shelter, food, emergency relief supplies, emotional support and health services. In addition to immediate relief, the Red Cross often provides longer-term help to people recovering from a disaster. Caseworkers connect one-on-one with people to create recovery plans, navigate paperwork and locate help from other agencies. The Red Cross also works with government and community partners to develop coordinated community recovery plans and strategies.
- To find open shelters: 800-733-2767 or visit: redcross.org/shelter.
- Anyone who has been displaced from their home is urged to come to a shelter. Red Cross volunteers are on hand to provide a safe place to stay, a place to sleep, a hot meal and referrals to community services.
- Anyone evacuating to a shelter should bring essential items for each member of the family, including:
 - Prescriptions and emergency medications
 - Foods that meet unusual dietary requirements
 - Identification to show residence is in affected area, and important personal documents
 - Extra clothing, pillows, blankets, hygiene supplies and other comfort items
 - Supplies needed for children and infants, such as diapers, formula and toys
 - Special items for family members who are elderly or disabled
- Download the free Red Cross Emergency App for shelter information and to get instant access to information and resources on what to do during a disaster. The app can be downloaded in app stores by searching for "American Red Cross," or visit: redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html



- The Red Cross provides health services and mental health services from trained workers to those impacted by a disaster. For more mental and emotional health support information, visit: redcross.org/content/dam/redcross/atg/PDFs/Be_Red_Cross_Ready/EmotionalHealth.pdf

Contact Information:

800-733-2767

For detailed information, resources and assistance, visit:

redcross.org/get-help/disaster-relief-and-recovery-services.html

Salvation Army

- Nebraskans who want to volunteer should register with the Salvation Army's volunteer hotline: 402-898-6050

The University of Nebraska-Lincoln, Institute of Agriculture and Natural Resources

The University of Nebraska-Lincoln (UNL) Institute of Agriculture and Natural Resources (IANR) provides innovative research, teaching and extension education about food, water and natural resources.

Contact Information:

3550 E. Campus Loop, 300 Agricultural Hall
Lincoln, NE 68583
402-472-2871

For detailed information, resources and assistance, visit:

ianr.unl.edu



University of Nebraska-Lincoln, Nebraska Extension

Extension offices serve all 93 counties in the state. They provide expertise and know-how on a variety of topics, including disaster recovery.

- Nebraska Extension offers disaster-specific programming on:
 - Mental health and wellness for youth and adults
 - Community capacity development
 - Prevention planning
 - Agricultural recovery
 - Financial recovery
- Food safety and access to moisture meters are available in county offices within highly impacted areas.
- For resources and language translations on a variety of disaster-related topics, visit:
flood.unl.edu

Contact Information:

3550 E. Campus Loop, 211 Agricultural Hall
Lincoln, NE 68583
402-472-2966

For detailed information, resources and assistance, visit:
extension.unl.edu



FREQUENTLY ASKED QUESTIONS AND REBUILDING TIPS

Q: What can we do to cope with the aftermath of a natural disaster?

A: Adjusting to life after an event like this can be challenging. It's common to feel tired or worn out, even with enough sleep. People may be surprised by the intensity of their emotions. Everyone reacts to stress in their own way. Take care of yourself – eat healthy foods and get plenty of rest. Accept help when it's offered, and spend time with family or friends, talk or play games.

Q: What can people do to feel safer or calmer?

A: It's common to feel anxious or worried. Try to reduce your workload and regular responsibilities. Stay in contact with friends, family and spiritual support. Good physical and mental health will improve your outlook. Eat a balanced diet, get enough sleep and exercise. Avoid using drugs, alcohol and tobacco to cope. Keep a regular schedule to lessen worry and anxiety. Make a list of healthy ways to take care of your mind and body. Stay informed about local conditions. Keep extra food, water, medicines and household goods on hand. Take things one day at a time. Focus on things you can control. Helping someone else can help you feel better. Do something you enjoy.

Q: Are the rumors about the current disaster true?

A: Be thoughtful about what you see and hear about the event. It can take time to confirm facts, so avoid repeating rumors. Get the facts from official sources. Information on social media could affect your reactions. A large number of sources exist on social media, but official sources must verify information before sharing it. Avoid reacting to rumors. Most people will be fine with support from family and friends. Limiting exposure to the media may reduce everyone's stress. Trained professionals can help if you're overwhelmed. Rely on and support those around you.

Q: How do I deal with media coverage after an event?

A: Stay current on official information. Be calm and follow the advice of local authorities, and check the facts. Pay attention to official sources. Professionals are working to resolve the situation. Responders are trained to handle a variety of situations and are taking actions according to plans. Responders are prepared for an event like this. There are a number of things you can do – share the facts with people, follow directions from local officials and be ready to help when asked.

When working with a contractor or builder:

To protect yourself when fixing damage to your home or business after a disaster:

- Before allowing anyone to repair your damaged home or business, verify his or her credentials. Check with the Nebraska Department of Labor to find out whether your contractor is properly registered. You can search their website at dol.nebraska.gov/conreg or call 402-471-2239. Check with city officials to find out whether contractors must be licensed to perform specific work in your area.
- Never sign any document or pay any contractor before verifying their license and/or registration.
- Get at least three written estimates and make sure each contractor bids on exactly the same work.
- Talk with your neighbors about what they are paying for similar work.
- Ask contractors for references. If possible, call previous clients.
- Verify all claims made about insurance coverage with your insurance company. If a contractor tells you certain work is covered by your insurance, call your insurance company to confirm.
- Get a written estimate and sign a written contract. Make sure it includes a description of the work, the materials included, when the work will be finished, the price and the contractor's contact information. Read all contracts and make sure all the blanks are filled in before you sign. Keep a copy of the contract in a safe place.
- Negotiate a reasonable down payment, and only pay in full when the work is done to your satisfaction. Do not agree to a large down payment.
- Pay by check or credit card and keep all receipts. Be wary of contractors who ask you to pay them in cash – even for a deposit.
- If possible, write down the contractor's vehicle information (make, model and license plate number) and their driver's license number.
- Know your cancellation rights. You have the right to cancel a contract within three days if you signed it at your home or at a contractor's temporary location, like a convention center or restaurant.
- For detailed information, resources and assistance, visit: protectthegoodlife.nebraska.gov/protect-yourself-response-flooding-1





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