



American Red Cross

KENTUCKY TORNADO DISASTER RELIEF UPDATE

AMERICAN RED CROSS WORKERS WILL TRY TO REACH YOU!

As Kentucky continues to recover from the aftermath of the 2021 December tornado outbreak, Red Cross workers, from several specialty groups, are here to provide you with resources to assist with your next steps.

Your input and participation with each group is important. *Please be sure to answer your cell phone, even if you do not recognize the phone number!*

American Red Cross Services: Feeding, Sheltering, Health/Mental Health Services, Spiritual Care, Shelter Casework and Recovery Planning and Assistance. **Website:** www.redcross.org/2021tornadoes

Emergency Shelter: Anyone in the affected areas that needs a safe place to stay can find open emergency shelters by contacting Red Cross at (800) RED-CROSS.

To register for shelter, call or text: (512) 987-8103 **or go online to:** tinyurl.com/2021KentuckyShelter

WE ARE HERE TO HELP

Crisis Counseling: If you or a loved one needs help, reach out through the Disaster Distress Helpline for free 24/7 support by calling 800-985-5990 or texting TALKWITHUS to 66746.

Disaster Spiritual Care: Red Cross has disaster mental health and spiritual care workers available to help you cope. **Call:** (571) 459-8041

For health-related needs: Please review the following.

- If you have a medical emergency, call 911.
- If you are experiencing an illness, contact your local Healthcare Provider.
- If you are having any of the following symptoms, please isolate in your room and contact your Healthcare Provider or you may contact **Red Cross Health Care Services** at (512) 987-3740.
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- If you have questions related to health care or need assistance in replacing health related items lost in the disaster such as prescription medication, medical equipment, glasses, or dentures, please contact **Red Cross Health Services** at 512-987-3740.

*Red Cross shelters are open to everyone in need, regardless of race, religion, gender identity, sexual orientation or citizenship status. **All disaster assistance is free.***