



# EXTREME HEAT RESOURCES

## KNOXVILLE-KNOX COUNTY



### NEED A BREAK FROM THE HEAT? WE'RE HERE TO HELP.



#### PLACES TO GO DURING THE DAY COOL SPACES, WATER & SUPPORT



#### KARM

Knox Area Rescue Ministries

📍 418 N Broadway

🕒 8:00 AM – 8:00 PM

🌡️ Cooling shelter activated at 85°F+  
(feels like) or during inclement weather



#### VMC

Volunteer Ministry Center

📍 511 N Broadway

🕒 Mon: 7:00 AM – 4:00 PM

Tues–Thurs: 7:00 AM – 5:00 PM

Fri: 7:00 AM – 3:00 PM

🌡️ White Flag location activated at 89°F+



#### FIG TREE (Connection Center)

Cokesbury Church: 9919 Kingston Pike

🕒 Mon–Thurs 11:00 AM – 2:00 PM | Sat 9–11 AM

Showers • Clothing • Hygiene Items

Extended hours during extreme heat (90°+)

2–4 PM (weather/staff dependent) –  
look for white flag



#### ADDITIONAL SPOT TO COOL OFF

#### ReLAUNCH

Courtyard under I-40 on Broadway

🕒 Open daily, 7 AM – 7 PM

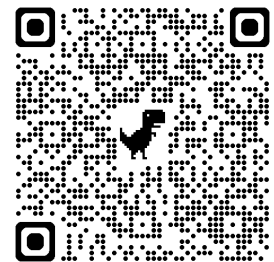
- 3 meals/day
- Shaded outdoor space under the bridge
- Water available (pets welcome)



#### FIND WATER

Parks & Greenways  
Water Fountain Map

Scan here! →



#### HEAT SAFETY TIPS

Drink water often,  
even if not thirsty

- ✓ Rest in shade or A/C during hottest hours (12–6 PM)
- ✓ Avoid alcohol
- ✓ Wear light, loose clothing



#### SIGNS OF HEAT ILLNESS

- Dizziness
- Nausea
- Confusion
- Fainting



IF SOMEONE IS IN DISTRESS,  
CALL 911



#### NEED HELP?



Visit a location above



Speak to an  
Outreach Worker



Call 211 for  
local resources