



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



CARECUTS

Community Resource Center

5200 Clinton Highway

Tue, Fri, & Sun: 9:00 AM – 1:00 PM

Haircuts • Meals • Clothing

Hygiene Items • Showers (Sundays only)

Job & housing support



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



Office of
Housing
Stability