

Signs of Hypothermia

- Shivering, cold to touch, pale and dry skin
- The “Umbles” - Fumbles, Mumbles, Stumbles
- Loss of coordination and difficulty speaking
- Impaired consciousness and confusion
- Fatigue, drowsiness, and lethargy
- Lack of concern about one’s condition
- Not feeling cold when one should
- Slow and shallow breathing, weakening pulse
- **If you see or experience these signs, seek medical help immediately. Call 911.**

Checklist for YOUR Health

- ✓ Do you have a survival plan? Do you have a back-up plan?
- ✓ Are you wearing warm, dry clothes, socks, and shoes?
- ✓ Do you have access to dry bedding?
- ✓ Are your fingers and toes well protected?
- ✓ Do you have a place to sleep where you are protected from wind and precipitation?
- ✓ Are you hydrated? (If you’ve peed at least 6 times in the last 24 hour and can pinch the skin on your hand and it spring back without staying pinched, you are hydrated.)
- ✓ Have you been avoiding alcohol?
- ✓ Have you been eating high calorie foods?
- *If you have Diabetes, heart problems, alcohol dependence, or other health conditions that could affect your ability to survive, seek shelter.*



Survival Tips adapted from <https://www.wikihow.com/Stay-Warm-on-Cold-Winter-Nights-if-You-are-Homeless>

Survival Tips

Dress in layers. If you don’t have a waterproof or windproof layer, consider using a plastic bag as a poncho. You can also add insulation between your layers with crumpled newspaper or even plastic bags.

Don’t forget your hands and feet. Do your best to find waterproof shoes or boots. Wear multiple socks and make sure they stay dry. If your shoes are wet, you can put a plastic bag around your feet and socks. Wear gloves and try to find hand and toe warmers. If you don’t have gloves, you can put socks over your hands.

Gather blankets, a sleeping bag, and plastic bags. Wrap yourself with dry blankets and then get into the sleeping bag for maximum warmth. If you can find a metallic survival blanket, use this to cover the torso area at least of your sleeping bag or blankets. Protect your bedding from moisture. Plastic bags of all sizes will help you keep your possessions dry.

Find something you can use as a mat between your bedding and the ground. This helps ensure you don’t lose body heat. Foam pieces are best and cardboard works, as long as it is dry. You can put cardboard pieces in plastic bags if needed. Air mattresses or pads will easily transmit the cold to your body.

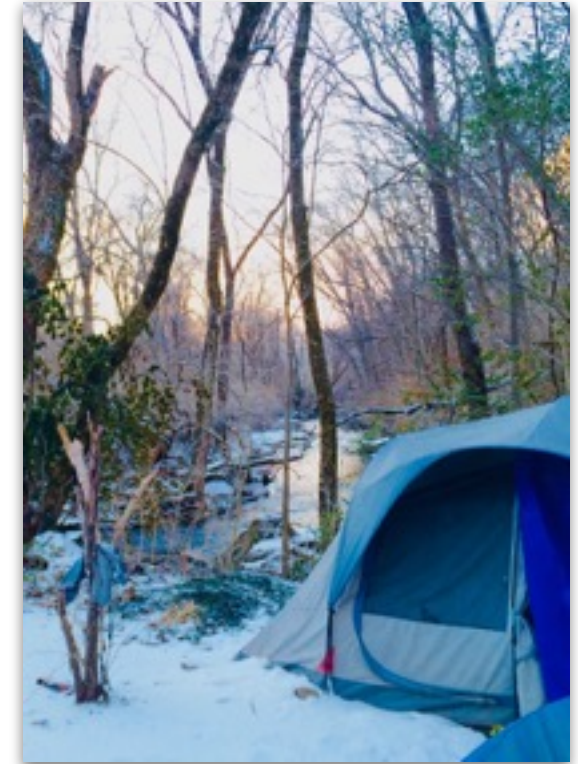
Go to bed when you’re warm. Do what it takes to get warm before going to bed. Run or walk around, windmill your arms, or do jumping jacks. Eat hot food before bed. Higher-calorie foods like cheese, canned beans or meats, and cream of chicken soup are better for keeping you warm. Remember to stay hydrated by drinking extra water and avoid alcohol.

Keep moving. A body in motion creates heat and will help you keep warm. Be careful not to overheat and start sweating. Sweating leaves moisture trapped on your skin which can cool you down.

Look for a designated winter shelter. Shelter locations and info are listed inside this brochure.

Find or make alternate shelters. If you can’t go to a shelter, find or make a place to sleep where you can be sheltered from the wind and any precipitation. This can include overhangs, underpasses, and lean-to’s.
Don’t try to make it outside by yourself if you’re wet, sick, or don’t have the supplies you need.

Winter Survival Tips & Shelter Information



Nashville, TN
2018 - 2019

Basic Winter Information

- For information about cold weather levels in Nashville, call 615-862-6391 or visit www.coldweathernashville.com.
- City-wide “levels” are determined at 5pm the day before.
 - **Level 1** is all temps from November 1st to March 31st.
 - **Level 2** is 32°F and below.
 - **Level 3** is 28°F and below.
 - **Level 4** is determined by the Office of Emergency Management and is a winter emergency often involving precipitation.

Important Numbers

- Ambulance, Police, and Fire: 911
- Metro Non-Emergency Number (Police): 615-862-8600
- United Way Help Line: 211
- Mobile Crisis: 615-726-0125
- Oasis Youth Crisis Line: 615-327-4455
- YWCA Domestic Violence Center: 615-242-1199 & Hotline: 1-800-334-4628
- National Sexual Assault Hotline: 1-800-656-4673
- TN REDLINE (for substance abuse): 1-800-889-9789
- Alcoholics Anonymous: 1-800-711-6375
- Narcotics Anonymous: 1-800-677-1462
- Adult Crisis, Statewide: 855-274-7471
- Adult Protective Services: 615-532-3492 or 1-888-277-8366
- Open Table Nashville Info Line: 615-415-0141
- Cold Weather Info: 615-862-6391
- Cold Patrol for Mission: 615-557-4738

“Where to Turn in Nashville” is a comprehensive resource guide that is available online at www.wttin.org/resources/.

You might be eligible for free Lyft rides if you are a veteran, have a job interview or a medical appointment, or need a ride from the ER. Call 211 for more details.

Winter Shelters for Adults & Families

Nashville Rescue Mission for Men: 639 Lafayette St. When it’s below 32°F, people can come in at any time. Showers are open 24 hours during the winter. (615-255-2475)

Nashville Rescue Mission for Women & Children: 1716 Rosa L. Parks Blvd. When it’s below 32°F, people can come in at any time. Showers are open Mon.-Fri. from 10-11am, 3-6:30pm, and 8-9:30pm and Sat.-Sun. from 3-6:30pm. (615-312-1574)

Room in the Inn: 705 Drexel St. For congregational shelter program, men need to be there by 5pm, women by 11:30am (this does not guarantee a bed).

Room in the Inn’s Guest House for people who are intoxicated: 705 Drexel St. If someone wants to go, call the Metro non-emergency number (615-862-8600) and request transport.

Youth under 18: Call the Youth Crisis Line at 615-327-4455. Oasis Center has emergency youth beds.

Families with minor children (under the age of 18): If a family cannot access the Women’s Mission, please reach out to Metro Social Service during business hours Mon.-Fri. either by calling their Family Coordinated Entry System at 615-862-6444 or as a walk-in at 800 2nd Ave. North, Nashville, TN 37201 (please show up before 3pm). Room in the Inn’s shelters are also available to families, please call 615-251-9791 Mon.-Fri. between 8am-4pm for further information.

Additional overflow shelters for couples and people who can’t or won’t access other sites will open in Level 3 when the temperature is projected to be 28°F or lower. For details and updates, check www.coldweathernashville.com or call 615-862-6391.

Winter Shelters for Youth (18-24 yrs old, Levels 1-4)

Sunday:

Launch Pad @ West End United Methodist Church, 2200 West End Ave., Nashville

Monday:

Launch Pad @ Boys & Girls Club, 916 16th Ave. N., Nashville

Tuesday:

Launch Pad @ City Road United Methodist Church, 701 Gallatin Rd. S., Madison

Wednesday (November & March):

Room in the Inn, 705 Drexel St., Nashville

Wednesday (December, January, & February):

Launch Pad @ Boys & Girls Club, 916 16th Ave. N., Nashville

Thursday:

Launch Pad @ City Road United Methodist Church, 701 Gallatin Rd. S., Madison

To Reserve a Space:

On **Sundays**, please go to calendar page at www.nashvillelaunchpad.com.

During the week, please call Oasis at 615-983-6911 between 9am-4pm. Doors for Launch Pad open at 8pm (please do not get there before 7pm).

For **Wednesdays** at Room in the Inn, please show up between 4-6pm (beds are given out on a first-come, first-serve basis and will fill up quickly).

(If it is your first time coming to the shelter in Madison, Oasis may be able to assist you with a bus pass if you call for a reservation.)