### Heat exhaustion

**Symptoms**
- headache
- dizzy or fainting
- heavy sweating
- cold, pale and clammy skin
- nausea or vomiting
- fast, weak pulse
- weakness or muscle cramps
- excessive thirst

**What to do**
- Hydrate with water or sports drinks. No alcohol.
- Move to a cooler, air-conditioned place.
- Lie down.
- If fully conscious, sip water.
- Take a cool shower or use cold compresses.
- If vomiting continues, seek medical attention.
- Act quickly. Untreated heat exhaustion can progress to heat stroke.
- Remove tight fitting clothing or extra layers.

### Heat stroke – a medical emergency

**Symptoms**
- headache
- confusion or delirium
- may lose consciousness
- no sweating/dry skin
- hot, red skin
- nausea or vomiting
- rapid heart rate
- body temperature above 104° F

**What to do**
- Call 911. This is a medical emergency.
- Move the person to a cooler place.
- Use cold compresses to reduce body temperature.
- Do not give fluids.
More people in Michigan prefer Beaumont for hospital emergency center services than any other health system.

**Emergency Center Locations**

- Beaumont Medical Center, Canton
  7300 North Canton Center Road
  Canton, MI 48187

- Beaumont Hospital, Dearborn
  18101 Oakwood Blvd.
  Dearborn, MI 48124

- Beaumont Hospital, Farmington Hills
  28050 Grand River Ave.
  Farmington Hills, MI 48336

- Beaumont Hospital, Grosse Pointe
  468 Cadieux Road
  Grosse Pointe, MI 48230

- Beaumont Hospital, Royal Oak
  3601 West 13 Mile Road
  Royal Oak, MI 48073

- Beaumont Hospital, Taylor
  10000 Telegraph Road
  Taylor, MI 48180-3330

- Beaumont Hospital, Trenton
  5450 Fort Street
  Trenton, MI 48183

- Beaumont Hospital, Troy
  44201 Dequindre Road
  Troy, MI 48085

- Beaumont Hospital, Wayne
  33155 Annapolis Street
  Wayne, MI 48184

**Urgent Care Locations**

- Beaumont Urgent Care, West Bloomfield
  6900 Orchard Lake Road
  West Bloomfield, MI 48322

- Midwest Urgent Care – Botsford
  15540 Beech Daly Road
  Redford Township, MI 48239

- Oakwood Healthcare Center – Southgate
  15777 Northline Road
  Southgate, MI 48195

To find your nearest Beaumont emergency center, visit beaumont.org/locations.