

# Know the Difference Between Heat Exhaustion and Heat Stroke



## 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](https://beaumont.org/locations).**

**Beaumont**