

## Have You Been Outdoors Too Much

Thursday, 05 July 2012 13:13 -

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So how will you know if you been out in the heat too long? Dr. Joe Bane of Fransiscan Skemp answers that question.

He says if you see someone else that has a flushed face.....maybe throwing up or acting strangely...you may want to get them some help right away.