

# Student Health Services

NEWSLETTER; ISSUE 7



November 2019

## Are you prepared for the cold?

*We asked your classmates... What's the best way you stay warm in the winter?*

“Layering! Wear a long sleeve shirt, long johns, wool socks, a light jacket; and a waterproof and windproof outer shell. Drink water & eat often to keep you warm.” – Sam

“Have a cup of hot chocolate.” – Alex



“Hot chocolate & soup.” – Carrie

“Wear a down jacket & lots of activity. I always keep moving.” – Mason

“Wear wool, layers & hats.” – Nick



“A hat, gloves & a scarf.” – Jade

“A big jacket, gloves & a ski mask to protect my face from the cold air.” – Ben



“Use hothands for your hands, shoes; everywhere! Also, a good scarf helps not only with fashion, but warmth!” – Cristhian

“Stay in bed! Have lots of blankets!” – Widnie

“Bundle up with thermal leggings under jeans & wear thermal socks. Thermal everything!” – Nayleece



### NURSE'S NOTE

*Abigail Fontaine, RN; BSN*

The inevitable winter season is upon us. Cold temperatures, snow, and wind make getting out and enjoying this beautiful campus more challenging.

My advice to you- bundle up; get out and enjoy it!

Research shows that keeping active helps to prevent seasonal depression. Grab a buddy and get out and enjoy all the area has to offer.

Go for a snowshoe at the VIC, cross country ski a section of the Jackrabbit Trail, ski at Whiteface, ice skate on the pond or in Lake Placid at the Olympic oval. The options are endless!

Stay warm, be safe, and enjoy the winter season!

#### Nurse Office Hours:

7:00 am – 3:30 pm  
Monday — Friday

#### Physician Hours:

9 am – 11 am  
Monday, Wednesday & Friday

# INTERESTED IN WINTER HOBBIES?

Enjoy the outdoors while staying prepared!



## XC Skiing

- Wear an outer shell!
  - These types of jackets are known for their durability, breathability & tightly woven water repellent fabrics
- Dress in several light layers
  - Layers allow space & air to form, creating more insulation
  - As you ski you will have the opportunity to shed them as you warm up
  - Try to wear wicking layers to maintain being warm & dry
- Always wear a hat, and a liner pair of gloves under a thicker pair for versatility depending on conditions
- Wool or synthetic socks are best
  - Ankle gaiters can help prevent snow from getting into your boot



## Snowmobiling

- Wear sunglasses & sunscreen
- Use goggles that have UV protection
- Only have a motocross helmet? Put duct tape on the inside of the mouthpiece to reduce wind & cold exposure!
- Take periodic breaks to check yourself & friends for frostbite
- Use warm & windproof gloves, tape any clothing vents or openings closed
  - Bring mittens as back-up if your hands get too cold
- Wear warm clothes & bring extra layers! Wet clothes are hard to stay warm in
- Pack a bivy sack or tarp for shelter from extreme weather
- Bring hot drinks & eat high energy and protein-rich foods to have your body continuously build heat

## Ice Fishing & Pond Hockey

- Never go ice fishing, or onto the ice alone!
- Before heading out onto ice make sure you or someone else has checked the ice thickness
  - Ice should be at least 3-6 inches thick in order to safely walk on it
  - As you walk onto the ice make test holes at regular intervals to make sure it hasn't thinned out
- Always bring along a rope, blankets & a first aid kit in case someone falls in
- Dress in layers! They will trap heat & you can remove pieces as you warm up.
- Frostbite happens in extremities first
  - Wear lined mittens, a hat & thick socks with waterproof boots
  - Spiked shoe attachments, like Yaktrax will help keep you balanced on the ice
- Wear sunscreen & sunglasses to protect you from the glare of the sun off the ice!

## Hunting

- Bring a buddy, or let someone know your plans
  - This contact may be your only chance of rescue if you get injured
- Layer Up! Make sure you're wearing wicking layers, a hat & gloves Bring hand warmer packets for your hands & feet
- Make sure your footwear is waterproof
- Stay vigilant against hypothermia
- Practice weapon safety, and dress for the worst-case scenario
- Bring a tarp for shelter from wind & weather

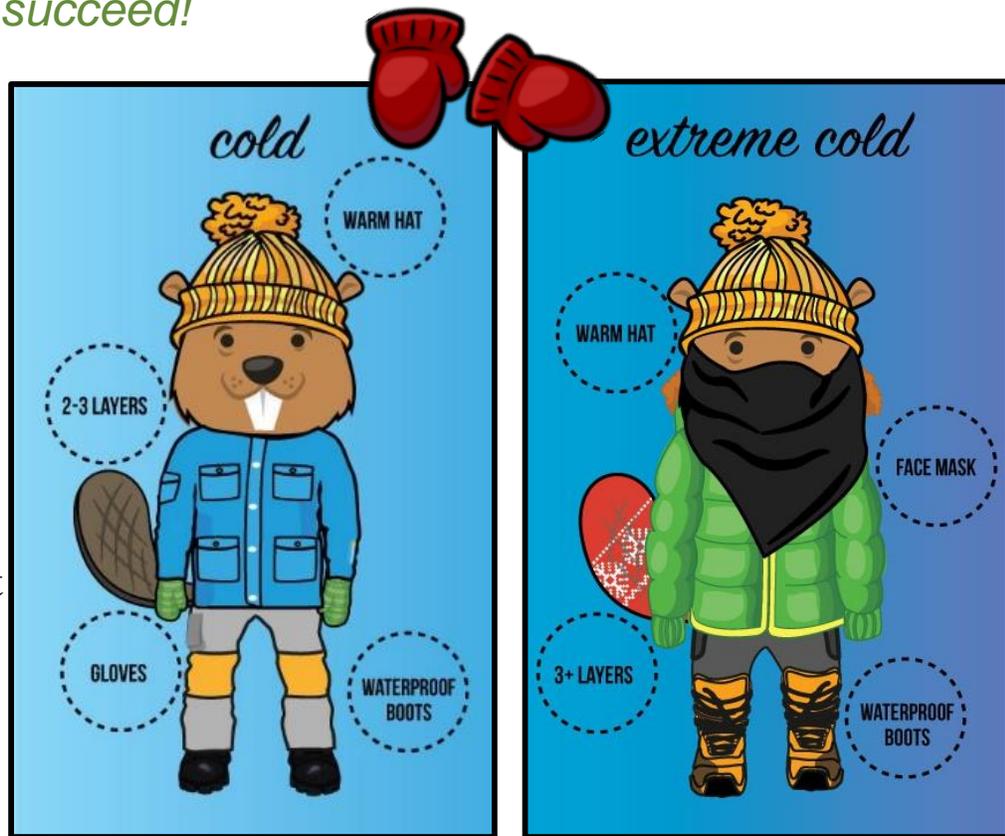


# Winning at winter

*How to make sure you succeed!*

From December – March temperatures are usually never above 30° F. As a result, it's important to be dressed appropriately for the weather!

To thrive in extreme cold & wintry conditions it's important to wear layers, a thick coat and have all of your extremities covered!



*The wind & cold can make for some uncomfortable walks to class when you're unprepared.*

*So take some of our tips below & apply them to your winter wardrobe!*

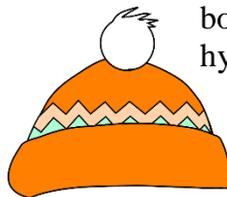
E-tipped gloves! Great for when you're walking to class but also want to text your friends



Make sure you are using some kind of warm headwear protection!



It will not only help keep your entire body warm, but also prevent both hypothermia & frostbite.



Sidewalks & parking lots can get icy & walking down icy hills is hazardous.

Yaktrax, or other shoe spikes, can help prevent slips.



Long john sets, fleece lined leggings, or really any performance tights!

Layering an extra set on your bottom half will keep your legs warm during those brisk walks to class.



**For more information visit any of our article sources!**

# Winter Weather Car Essentials

*Use the word search to find out what to carry in your car!*

*You never know when you may encounter serious winter weather, or an emergency road closure.  
Make sure you're prepared!*

R F E S F S E V O L G F W I L  
M I A G O O H C T E J L I R T  
H R S A F Y S P O W C A N L E  
A S E S I B U B C A S R D J K  
N T L F U D R O H I T E S V N  
D A B L S Y B C A R R S H S A  
W I A A E J W H R O E L I K L  
A D C S I R O A G C P E E C B  
R K R H R T N I E K A V L A G  
M I E L E I S N R S R O D N Z  
E T P I T K X S A A C H F S R  
R S M G T L B G T L S S L C G  
S J U H A O H X S T E R U Y P  
Z T J T B O R Y A M C T I M S  
B P R K N T Z T T V I L D G G

*Word bank:*

Snow Brush

Hand warmers

Flashlight

Gas

Ice Scraper

Jumper Cables

Chains

Batteries

Shovel

Rock Salt

Gloves

Windshield Fluid

First Aid Kits

Mittens

Blanket

Water

Toolkit

Flares

Charger

Snacks