WINTER IS COMING

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ALTHOUGH IT’S PRETTY...

BE PREPARED!
GEAR UP!

❖ Coats (~$100)
   ❖ Down-filled jacket is the warmest
   ❖ Look for waterproof or water resistant
   ❖ Hoods and longer length (mid-thigh or longer)
   ❖ Good idea to buy slightly larger size so you can layer underneath

❖ Shoes (~$60-$100)
   ❖ Waterproof, winter shoes
     ❖ Try them on with thick socks, size up if necessary
     ❖ Consider height – if your ankles are exposed, water may get in
     ❖ Look for a good grip on the bottom
     ❖ Don’t forget thick socks, wool is a good choice for warmth

❖ Accessories
   ❖ Hats, earmuffs, gloves, and scarves are essential too
   ❖ Make sure your extremities are covered – ears, neck, fingers...
GEAR CONSIDERATIONS

❖ **Precipitation**
  ❖ Always check the weather in the news or an app *before* you leave home!
  ❖ Especially if precipitation is expected (rain, snow, etc.), wear your *waterproof* gear and bundle up

❖ **Inside buildings**
  ❖ Wear layers! (Depending on your preferences, you may need more or fewer layers)
  ❖ If you’re unsure where to start, go with:
    1. An inner layer (e.g. t-shirt)
    2. An outer layer (e.g. hoodie or sweater)
    3. Winter coat
COMMUTING

❖ If you’re spending >5-10 min outside, you’ll need all your gear (coat, boots, accessories)

❖ Find alternatives to biking – road conditions can be dangerous

❖ Public transit often has delays during the winter months (factor in time spent waiting when considering what to wear)

❖ Watch out for black ice (ice on pavement that is difficult to see)
WHERE TO GET YOUR GEAR

❖ **In Stores**
  ❖ You can find gently used clothing at consignment shops and goodwill
  ❖ Look for discount overstock stores like Marshall’s, TJ Maxx, Burlington Coat Factory, Nordstrom Rack
  ❖ If you’re looking for an investment piece – Macy’s, R.E.I., Patagonia, North Face

❖ **Shop the sales!**
  ❖ Almost every 3-day weekend has an associated sale
  ❖ If you have something that can tide you over until Thanksgiving, there are huge sales and discounts on black Friday and cyber Monday

❖ **Always ask the stores if they have student discounts!**
WINTER STYLE

❖ A wool coat looks nice, but it’s not the warmest
  ❖ Wear layers
❖ Keep wearing your winter accessories (hat, gloves, etc.)
  ❖ Some gloves have touch-screen capabilities – makes it easier to type and use your phone
❖ Tall leather boots are stylish, but check the soles to make sure they have good grip
  ❖ **Watch out**: Salt ruins shoes!!
    ❖ Many roads are pre-salted when snow is expected
    ❖ Salty slush can persist for many days after snow
SKINCARE

❖ Skin can get painfully dry during winter months both from wind and heating inside buildings
  ❖ MOISTURIZE!!
  ❖ Consider a humidifier if your apartment is very dry
  ❖ Cover up your face and hands when outside to protect them
❖ Wear lip balm – use things like Aquaphor or Vaseline (petroleum jelly) if your lips are very chapped
❖ Drink lots and lots of water
HOW TO PREPARE YOUR HOME

- Be diligent about taking off your shoes when get home! Keep muddy, wet, salty items segregated so they can dry off.
- Consider adding heat saving film to your windows and/or draft stoppers on your doors.
- Make sure your radiator is ON! Ask your superintendent, building manager, or landlord how to do this safely.
- When you leave for winter break or a long trip, do not turn your heat off entirely (this can lead to burst pipes), keep above ~50°F/12°C.

- Expect higher electricity or gas bills! If power lines are down, call your local utility and emergency services (keep contact info for these services handy on your phone or stick a note on your fridge).
- Winterizing your car: Check antifreeze levels, keep a small shovel and ice scraper ready, replace worn tires, keep gas full; be mindful of parking changes.
- Some towns require sidewalk shoveling by tenant (usually supplies are provided by your landlord). If this applies, make sure you have a system for communicating with roommates/other people in your building.
- If you have a home and not an apartment, weatherproof your home! Have a shovel and salt ready.
WALK LIKE A PENGUIN!
DAYLIGHT SAVING TIME (DST)

❖ Fall back – we “gain” an hour in the fall from the end of DST
  ❖ This Sunday, Nov 3, 2019 at 2AM
  ❖ Sun will set earlier and earlier – close 4PM around the winter solstice (Dec 21 in the northern hemisphere)
❖ Your smartphone and computer should automatically update, but remember to update any other clocks lurking in your home such as your microwave, oven, wall clocks, alarm clocks, etc.
❖ Spring forward – we “lose” an hour in the spring when we begin DST
❖ DST is different between countries
SEASONAL AFFECTIVE DISORDER (SAD)

- Negative thoughts and feelings of guilt
- Lethargy, disturbed sleep or narcoleptic symptoms
- Social problems, such as finding it difficult to be around others
- Fatigue that is often incapacitating
- Difficulty with concentration and memory
- Overeating and developing a craving for carbohydrates and sweet foods
BOOST YOUR MOOD

❖ Enjoy some fresh air and experience some local winter activities
❖ Check [www.outingsandinnings.harvard.edu](http://www.outingsandinnings.harvard.edu) for discount tickets
❖ Sledding, tubing, snowball fights, snow angels, snowpeople
❖ Ice Skating (Outdoor: Boston Common Frog Pond, Kendall Square, Harvard Square)
❖ Skiing/Snowboarding – [www.nacski.com](http://www.nacski.com)
❖ New England Snow Bus
❖ Museums
❖ Light Therapy: Research has shown that one way to treat the winter blues is exposure to light – either natural light or use of light boxes that emit blue and white wavelengths, similar to the sun
❖ The Office for Student Affairs has purchased two Nature Bright SunTouch Plus lamps for student use.
BOOST YOUR IMMUNE SYSTEM

❖ Flu Shots – GET YOURS!
  ❖ Vanderbilt Hall: By appointment
  ❖ Smith Campus Center: Every Monday and Tuesday @ 12-3PM
    (through Dec 10, not available on University holidays)
❖ Wash your hands – often and especially after using public transit
  ❖ Hand sanitizer is good in a pinch, but it’s not a substitute for
    hand washing
❖ Avoid touching your face / mouth
❖ Cough into your elbow, NOT your hand
HARVARD WEATHER POLICY

❖ School’s activities continue during inclement weather
❖ Absence due to weather: discuss with the faculty
❖ If severe storm, the Dean may elect to close the School
  ❖ Telephone hotline message
  ❖ A school-wide email message
  ❖ TV stations
    ❖ Channel 7, Channel 56, Channel 4, cbsboston.com, whdh.com
STUDENT SUPPORT & OTHER RESOURCES

❖ Sign up with MessageMe for updates
  ❖ https://messageme.harvard.edu/
❖ Cityofboston.gov (weather, city info and housing resources)
❖ Weather App
❖ The Office for Student Affairs
  ❖ Light and Ion Therapy Lamps
❖ Office of Diversity and Inclusion
❖ Harvard Chan Student Association
  ❖ Blankets in Kresge Café
Snow Squall Warning til 6:45 PM EST. Sudden whiteouts. Icy roads. Slow down! -NWS

Air temp tomorrow, 1/31, will be at near-record levels and wind chill temps will be well below 0 degrees. @BostonSchools urges all community members to make sure to bundle up and wear multiple layers, a winter coat, hat, and gloves or mittens. Cold safety: boston.gov/cold

[415 am: Bitterly Cold Temperatures/Wind Chills] Bitterly cold early this morning with actual temperatures between 5 below and 5 above zero. Wind chills were between 10 and 25 below zero! Dress in layers as frostbite can occur in as little as 30 minutes on exposed skin.

COLD WEATHER SAFETY
When it’s cold outside, wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. Make sure your outer layer is tightly woven and windproof.

Boston.gov/cold
SAFETY AND SECURITY

❖ Taxi Escort Service: between 9 pm - 3 am, through security at FXB Security desk for free within one mile radius of campus

❖ Walking escort service: on request, security officer will escort student to any LMA parking lots, buildings or local T stops

❖ LONGWOOD AREA HARVARD UNIVERSITY POLICE: (617) 432-1212

❖ **In an emergency, please call 911**
QUESTIONS?