

SAFE & SOUND

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Sweet itinerary, safe identity: Spring Break safety tips

BY WINTEK

Several more weeks of frigid winter weather are ahead, so it's natural to think about getting away for spring break next month.

Just as you'd lock your doors while you're gone, it's wise to lock up your identity, too. Are your spring break plans settled? Now's the time to start! Next month, we'll share helpful apps to use while traveling. In the meantime, here are ways to protect your identity so you can focus on vacation, not frustration.

BEFORE YOU LEAVE

Give your bank a heads-up: Tell them when and where you'll be traveling to avoid unexpectedly blocked purchases.

Consider paid protection services: Identity theft protection services alert you if your personal data turns up where it shouldn't. Some offer free 30-day trials perfect for your trip. Like the service? Keep it!

Pay bills ahead of time: Pay any bills due while you're gone ahead of time to avoid logging into sensitive accounts on vacation.

Update before you go: Is your device grumbling for operating system updates? Avoid a network you don't know and do it at home first, using secure, blazing-fast Wintek internet if you're lucky.

Set up a mail hold: Request a mail hold

online from the United States Postal Service so it doesn't stack up at your home.

Keep luggage tags light: Use only your last name and cell phone number. This way, someone can reach you if your luggage goes missing but can't access your address, email or other personal data.

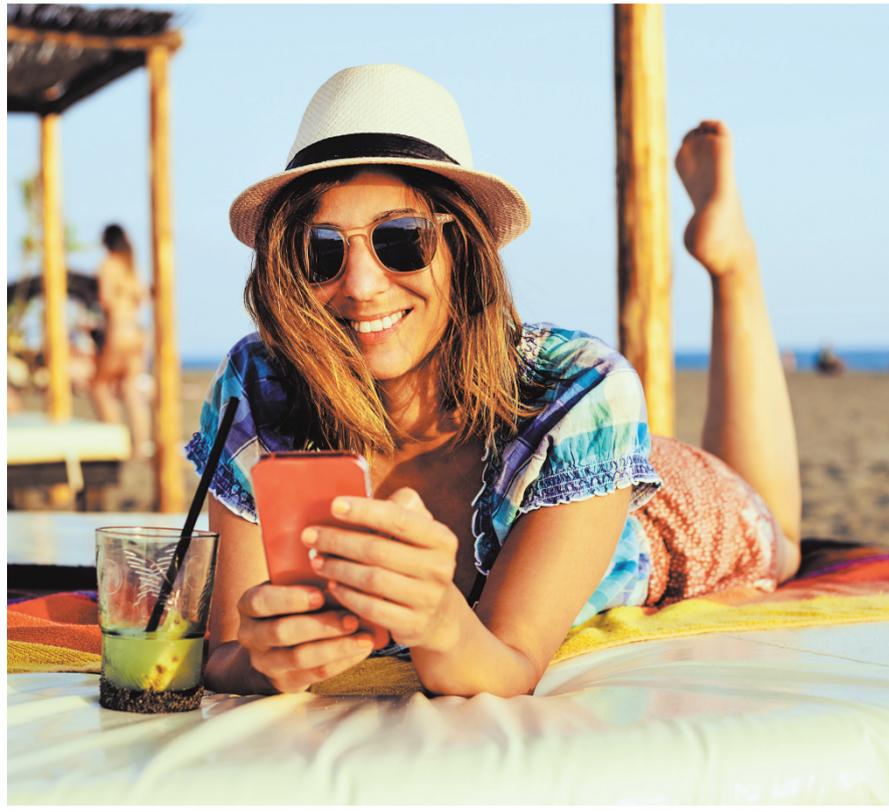
WHILE YOU'RE GONE

Skimp on social media: Algorithms love vacation photos. But they can also let fraudsters know you're away. If you must share, keep it to a small group of friends whom you can also contact in case of concerns. You can also ask friends to avoid tagging you in their photos until after you've returned.

Be smart about public networks: Don't share any personal information, access banking sites or pay bills on a public Wi-fi network, and always completely log out of any applicable sites.

Keep documents close to you: If you're flying, place all important documents in your under-seat carry-on rather than checked or overhead luggage.

Consider a "second wallet": Copy IDs, list credit card numbers and issuers, and stash some extra cash. If someone's main wallet or purse goes missing, you've got essential information to help you.



Sunburn in the winter? It's possible

BY EXPONENT ADVERTISING DEPARTMENT

It's widely known that prolonged, unprotected exposure to the sun can cause sunburn. Sunburn usually appears within a few hours after overexposure to ultraviolet light from sunshine or artificial sunlamps. UV radiation is the leading contributor to skin cancer.

A sunburn is the skin's response to UV damage. Sunburn may be minor and evident by redness and pain or, if severe, swelling and blisters may occur. Some people even feel like they have the flu and become feverish with chills.

Even though sunburn is a common occurrence in spring, summer and fall, people may be surprised to learn it is possible to get sunburn in the winter, too. It's foolish to stop thinking about sun protection when bundled up in winter clothing. Complete Family Dermatology says the sun's ultraviolet rays can be

just as damaging to the skin when it's cloudy or cold. In addition, snow and ice can reflect up to 80 percent of the sun's UV rays. According to the Skin Cancer Foundation, that means that a person gets hit from two angles: first from the sky and second from the ground, as the rays rebound.

It is important to practice sun safety all year long. Wear sunscreen on the face and any portion of the skin that is exposed. Also, donning sunglasses protects eyes and the delicate skin around them.

Even though the amount of UV rays decreases slightly in the winter because of the angle that they hit the earth, the risk for UV-related sun damage persists. Use a sunscreen with a sun protection factor of at least 30, and even higher when spending time in high altitudes.

Sunburn can occur at any time of the year. Precautions should be taken to protect the skin whether it's spring, fall, summer, or winter.



Navigate these four winter hazards

BY EXPONENT ADVERTISING DEPARTMENT

Fresh snowfall can bring a hush over any landscape and, temporarily at least, create a perfect picture scene. As idyllic as such landscapes can be, snow-covered sledding hills can pose various threats to outdoor lovers' health and safety.

Frostbite

Frostbite occurs when the soft tissues of the body start to freeze. It most commonly affects the fingers, toes and nose. The Cleveland Clinic says single-digit Fahrenheit temperatures are cold enough to cause frostbite. Frostbite affects skin cells and tissues and can cause severe damage. Frostbitten skin turns black as cells die from freezing. Numbness and a painful feeling of "pins and needles" occurs in areas that are exposed to the cold or cold

water for too long. Dressing appropriately for weather, limiting time spent outdoors in very cold temperatures and maintaining strong blood flow can reduce risk for frostbite. Dress in layers, especially when the wind chill or "real feel" temperatures are particularly cold. The first layer should be made of a moisture-wicking material such as polyester. When moisture or sweat are close to the body, they draw heat away from the body. Moisture-wicking clothes draw moisture away from the body to assist in retaining heat.

Falls

Winter weather can lead to slippery conditions. Falls on snow, ice or wet floors are common. When walking, wear shoes with sufficient traction, avoid icy patches and invest in walking poles or micro spikes. Promptly wipe

NO WIND

98.6°F
Average temperature of the human body

Under calm conditions, the body radiates heat, creating a layer of warmth between our skin and the cold surroundings.

The Science of Wind Chill

WINDY

95°F
Hypothermia begins when our body temperature drops two to four degrees

But when it's windy, the moving air breaks up this insulating layer. It speeds up heat loss by whisking away the warmth from our skin.

Heat is moved away from our bodies.

weather.gov/winter

up melting puddles indoors to avoid slipping inside as well.

Thin ice

Winter activities may include skating or fishing on a frozen body of water. But it can be challenging to determine just how frozen a lake or a pond might be. Safety experts advise against going onto the ice alone, and to heed any thin ice signs posted. If you fall through ice, try to gain a grip to pull yourself up (ice picks are a

good investment) and spread out on your belly once you get out of the water. Anyone who ventures onto ice should carry a whistle to signal for help, which is louder than yelling. Hypothermia sets in within 10 to 15 minutes, so acting fast is key. Ropes, boogie boards, a spare tire and other items also can be used to save someone from ice without going onto the ice itself.

Depression

The lack of sun and short

days of winter can affect individuals' mental wellness. Those with seasonal affective disorder, or SAD, find winter challenging, according to the Cleveland Clinic. SAD surfaces in late fall or early winter and may not subside until early summer. Make time to get outdoors, even when it's cold, to take

advantage of at least 30 minutes of morning light. Doing so can improve mood. Exercise and find ways to engage in social activities to stave off depressive feelings. Do not turn to food or alcohol to address depression. Seek help from a counselor if needed.

Students can visit www.purdue.edu/caps for online resources and information on where to get help for depression and anxiety.