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 to a warmer climate. But before you do, there are a few things you should consider... and set up a mail hold:

Is your device up to speed? Is your device ready for spring break? According to the Cleveland Clinic, SAD (seasonal affective disorder) or SAD, finds winter challenging, according to the Cleveland Clinic. SAD affects the fingers, toes and nose. The Cleveland Clinic says single-digit Fahrenheit temperatures are cold enough to cause frostbite. Frostbite occurs when the body parts exposed to the cold are damaged. Even though the amount of UV rays decreases slightly in the winter because of the angle that they hit the earth, the risk of UV-related sun damage is still there. People must be aware that UV rays can be dangerous. UV rays can be harmful to the skin whether it’s spring, fall, winter or summer.

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