

The background is a vibrant teal color. It features several abstract shapes: a large, dark grey, multi-faceted geometric shape on the left side; a large, light teal, organic shape on the right side; and several smaller circles of varying sizes and shades of teal scattered throughout. The text is centered in the middle of the image.

Winter in Western Massachusetts

Fahrenheit and Celsius

Temperatures in the United States are measured in Fahrenheit rather than Celsius

A quick formula for converting between scales:

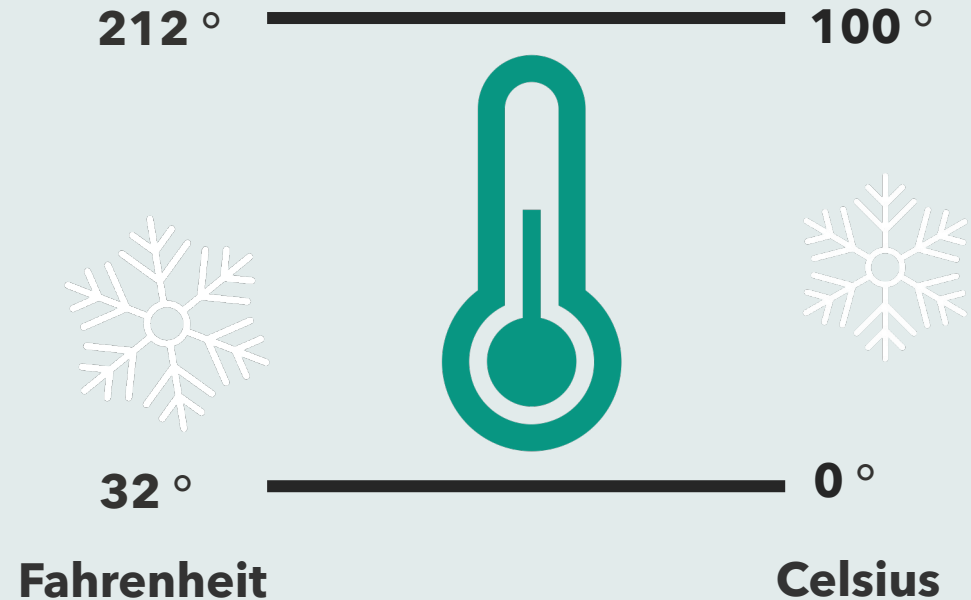
Celsius to Fahrenheit Formula:

$$(^{\circ}\text{C} * 1.8) + 32 = ^{\circ}\text{F}$$

Fahrenheit to Celsius Formula:

$$(^{\circ}\text{F} - 32) / 1.8 = ^{\circ}\text{C}$$

32° Fahrenheit = 0° Celsius



Winter Weather Terms



Freezing Rain: Rain that freezes on cold surfaces as a sheet of ice.

Sleet: Frozen precipitation that falls as ice pellets that you may see bouncing off the ground, your windshield or the roof.



Snow Showers: Snow falling at varying intensities for brief periods of time. Some accumulation is possible.

Snow Flurries: Light snow falling for short duration with little or no accumulation.

Snow Squalls: Brief, intense snow showers accompanied by strong, gusty winds. Accumulation may be significant.

Blizzard: Winds of 35 mph or more with snow and blowing snow reducing visibility to less than a quarter of a mile for at least three hours.



Wind Chill: How wind and cold feel on exposed skin. As the wind increases, heat is carried away from the body at an accelerated rate, driving down the body temperature.

Frostbite: Damage to body tissue caused by extreme cold. Frostbite causes a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, get medical help immediately.

Hypothermia: A condition brought on when the body temperature drops to less than 95 degrees Fahrenheit (F). Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If body temperature is below 95 F, seek medical care immediately!



What is "Real Feel"

Environmental factors can make the temperature feel colder than it is.



- **Humidity**



- **Wind**



- **Cloud Cover**



- **Elevation**

When planning outings:

- Check the temperature
- Check the "real feel"
- Plan for changes in conditions

The Nine Seasons (1 - 3)

Winter	"Dead of Winter"	"False Spring"
January	February - March	April
Avg. Temps	Avg. Temps	Avg. Temps
15 ° - 30 ° F	15 ° - 35 ° F	35 ° - 55 ° F
Daylight	Daylight	Daylight
Approximately 9 hours	Approximately 10 -12 hours	Approximately 13 hours
Average Precipitation	Average Precipitation	Average Precipitation
Rainfall - <1" Days of Rainfall - 8 Snowfall - 1.7" Days of Snowfall - 7	Rainfall - <1" Days of Rainfall - 9 - 11 Snowfall - 1.8"-1.0" Days of Snowfall - 5-7	Rainfall - 1.2" Days of Rainfall - 12 Snowfall - .16" Days of Snowfall - 1

The Nine Seasons (4 - 6)

"Mud Season"

Spring

Summer

April-Mid-May

Mid-May - June

July- Mid-September

Avg. Temps

45 ° - 70 ° F

Daylight

Approximately
14 hours

Average Precipitation

Rainfall - 1.5"
Days of Rainfall - 12-14
Snowfall - <.05" - .15"
Days of Snowfall - 1

Avg. Temps

50 ° - 75 ° F

Daylight

Approximately
15 hours

Average Precipitation

Rainfall - 1.5-2"
Days of Rainfall - 12-13
Snowfall - <.08"
Days of Snowfall - 0

Avg. Temps

60 ° - 95 ° F

Daylight

Approximately
14 - 12 hours

Average Precipitation

Rainfall - <1"-1/5"
Days of Rainfall - 10-13
Snowfall - 0
Days of Snowfall - 0

The Nine Seasons (7 - 9)

"Pretty Fall"

September - Mid-November

Avg. Temps

35 ° - 55 ° F

Daylight

Approximately
12 - 9 hours

Average Precipitation

Rainfall - 1.25"-2"
Days of Rainfall - 9-13
Snowfall - 0-1"
Days of Snowfall - 0-2

"Barren Fall"

Mid-November - December

Avg. Temps

30 ° - 45 ° F

Daylight

Approximately
9 hours

Average Precipitation

Rainfall - 1.5"
Days of Rainfall - 9-13
Snowfall - 0-1.7"
Days of Snowfall - 2-5

"Fun Winter"

December

Avg. Temps

20 ° - 35 ° F

Daylight

Approximately
9 hours

Average Precipitation

Rainfall - 1.4"
Days of Rainfall - 10
Snowfall - 1.5"
Days of Snowfall - 5

What is Seasonal Affective Disorder? (SAD)

Seasonal Affective Disorder is a type of depression that can be triggered by the changing of the seasons and lower light levels. It is estimated that 4-6% of people may have winter depression, and another 10-20% may experience mild seasonal depression. SAD is four times more common in women than men and is more common the farther north you go.

Signs and symptoms of SAD may include:

- Feeling listless, sad or down most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having thoughts of not wanting to live

**We all need a little help
sometimes!**

If you are feeling depressed, anxious or just not yourself, talk to UHS and the professionals at CCPH!

Feel Your Best This Winter

- Stay active! Walking, hiking, biking, or regular exercise is important for mental and physical health.

Tip: Go outside when you will receive the most sunlight, between 8:00am - 2:00pm

- Get sunlight! Sit near a window whenever possible or use a light therapy lamp.
- Socialize! Connect with others to maintain your sense of community. Discover new hobbies, clubs, and events.
- Embrace the seasons! Western Mass is renowned for winter sports such as skiing, snow-shoeing, and sledding!

Hidden Gems on Campus

Durfee Conservatory

Light, plants, warmth

John D. Oliver Design Building

Featuring a café with lots of natural light and gorgeous terrace

South College

A large, open space with a lot of natural light

Dressing for the Seasons

Cold

Chilly

Rainy



**Cold
Weather
Hat**

**Warm
Scarf**



**Warm
Hat**



Umbrella



Heavy Jacket



**Waterproof
Gloves**



**Fleece
Jacket**



**Warm
Gloves**



**Rain
Jacket**



**Wool
Socks**



Snow Boots

**Warm
Shoes**



**Waterproof
Shoes
(Duck Boots)**



**Wool
Socks**

Layering: The Secret to Your Success

Chilly ←

→ Extreme Cold



Warm Hat

Warm Scarf



Balaclava



Cold Weather Hat

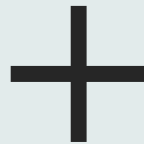
Warm Scarf



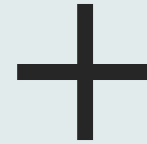
Fleece Jacket



Warm Gloves



Insulated Vest



Snow Pants



Heavy Jacket



Waterproof Gloves



Wool Socks

Warm Shoes



Prioritize keeping your head, hands, and feet **warm** and **dry!**



Wool Socks



Snow Boots

Where to Get Winter Gear

The best time to buy winter wear is when you *don't* need it!

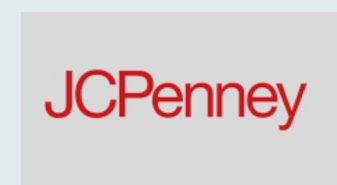
Look for sales in the spring

- Shop online
- Shop holiday sales
- Shop clearance sections

Second Hand



New and Nearby



Join online community groups like "BuyNothing" (Facebook), FreeCycle (listserve), and Pioneer Valley Curb Alert (Instagram) to find free winter gear.

Stay Comfortable This Winter

The combination of cold temperatures and dry air can leave the the body dry and sensitive.



Use a humidifier to add moisture to the air in your living space.

Moisturize your skin daily to prevent dry skin and cracks.



Stay hydrated!

Protect your skin from extreme cold and wind.



Traveling in Winter



Black ice is a thin coating of glaze ice that develops on streets and sidewalks. The ice can develop after low levels of ice pellets, snow or sleet is deposited and is virtually invisible to pedestrians and drivers.



Don't assume pond or river ice is safe to walk on!

- New ice is stronger than old ice. Four inches of clear, newly formed ice may support one person on foot, while a foot or more of old, partially thawed ice may not.
- Ice doesn't freeze uniformly. ...
- Ice formed over flowing water and currents is often more dangerous.



Give yourself extra time!

Assume that it will take you longer to reach your destination in the winter and plan accordingly. Don't rush, and don't make a decision that is unsafe.

Enjoy the winter!

Stay Safe!

Stay Healthy!

Have Fun!

