

how **bad** is it?

Straight answers to scratch-your-head questions.

**NOT BAD
AT ALL!**

**NOT SO
BAD!**

**KINDA
BAD!**

**PRETTY
BAD!**

**REALLY
BAD!**

**SUPER
BAD!**

how **bad** is it to take a really hot shower?

“Hot water makes pores dilate and release moisture, so if you stay in a superheated shower for more than five minutes, it could dry out your skin,” says Carolyn Jacob, M.D., a dermatologist in Chicago. During winter, skin may already be on the parched side from indoor heating. (Anyone with eczema should skip a too steamy shower, period.) Besides keeping your shower short, use a cleanser with ceramides—lipids that help form a barrier so skin can retain moisture—such as CeraVe Hydrating body wash. Once you step out, smooth on a rich moisturizer, like Aveeno Skin Relief Moisture Repair cream, while skin is damp, to lock in H₂O. Finishing with toasty-warm slippers: still a good idea!

● **KINDA BAD!**



[good question]



how bad is it to put a stamp on upside down?

Some people do this as a sign of affection, a tradition dating back to Victorian times when a flipped stamp served as a coded message of love for couples trying to keep their feelings secret. Others place flag stamps upside down as a form of political protest, though it's considered disrespectful to the flag because the stars should always be upright. What's key for the U.S. Postal Service: "Put stamps in the upper right-hand corner," says spokesperson Kim Frum. If not, the postage could go undetected by machinery and require review, slowing up delivery. More USPS don'ts: reusing a stamp that escaped cancellation marks (it's actually illegal—!!!) and taping on an old one that's lost its stickiness, which invalidates the postage.

● **REALLY BAD!** (for a flag stamp)

● **NOT BAD AT ALL!** (for other kinds)



how bad is it to join a friend who's standing in line?

Even if you had plans to meet up at the event, performance, or movie, stepping into a line can come off as rude. When there's no avoiding it, at least clarify what's going on. "I make a point of saying, 'Thanks for holding my spot, sorry I couldn't make it on time,'" says Lisa Grots, a San Francisco-based etiquette expert. Just don't bring another pal (a study found that two intruders provoked more of a reaction than one) or crash a queue for something with limited demand, like hot concert tickets or the latest smartphone. That's purely first come, first served.

● **KINDA BAD!**



how bad is it to not totally clear snow off your car?

Drivers need every advantage in winter. “If you leave the house without getting snow off all the glass and the car, you’re pretty much failing at the start of the trip,” says William Van Tassel, Ph.D., manager of driver training operation for AAA. Sliding chunks could impair your vision or fly off and endanger other drivers. And you’ll risk a ticket if you’re in one of the states with laws that require removal. A quick way to do it: Clean the driver’s side door, open the door, blast the heat, and turn on the front and rear defrosters. Using a foam ice and snow removal brush (some bristled kinds can scratch paint), work from the roof down. Finish with the windshields and windows—once they’re warm, snow and ice should come off more easily—and you’re good to go.

● SUPER BAD!

