

Halloween Safety Tips and Tricks

Keep your children safe and healthy during Halloween with these important safety tips.

Costumes

- Choose flame-retardant costumes and accessories. This is especially important because candles are often used in jack-o'-lanterns and other decorations.
- Use make-up instead of a mask. Masks can obscure vision, increasing the risk for falling. A mask also hampers your child's ability to see traffic.
- Avoid costumes that reduce mobility. Clunky shoes, high heels or long, flowing outfits increase the risk of falling and receiving an injury.
- Use reflective tape on costumes and treat bags for greater visibility at night.

Trick or Treating

- **Young children:** Younger children should always be accompanied by a parent or other responsible adult.
- **Older children:** If older children are going trick-or-treating with friends, plan and review their route, have them carry a cell phone, and agree on a time that they should return home.

All trick-or-treaters should:

- Stay on well-lit streets and always use the sidewalk.
- Only go to homes with a porch light on.
- Never enter a stranger's home or car for a treat.
- Only cross the street at crosswalks and corners and watch for traffic.

- Be very careful around open flames.
- Carry a flashlight with fresh batteries after dark.
- Glow sticks, though popular, don't illuminate as well as flashlights and burn out quickly.

Candy

- Insist that treats be brought home for inspection before anything is eaten. Check candy wrappers for small holes and torn packaging and throw away any candy or food item that is unwrapped.
- Feed your children a healthy meal before trick-or-treating to discourage snacking along the way.
- Try to ration treats in the days following Halloween.
- Consider buying non-food items such as pencils or small toys for trick-or-treaters who visit you.

Around the House

- Make sure outdoor lights are on and in good working order.
- Remove toys or other items from your yard and porch that children could trip over.
- Keep jack-o'-lanterns and burning candles in a safe place, away from children, pets and curtains.
- Never leave a burning candle unattended.



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