

TIPS FOR A HEALTHY AND SAFE *Halloween*

Courtesy of www.cdc.com

Halloween is a fun time to dress up in costumes, go trick-or-treating, attend parties and enjoy delicious treats. But it's also an opportunity to focus on health and safety – especially for children.

Below are several tips for how to make Halloween festivities fun and safe for trick-or-treaters and party guests.



S

Swords, knives, and similar costume accessories should be short, soft and flexible.

A

Avoid trick-or-treating alone. Children should walk in groups or with a trusted adult.

F

Fasten reflective tape to costumes and bags to help drivers see you.

E

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

H

Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

A

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

L

Look both ways before crossing the street. Use established crosswalks wherever possible.

L

Lower your risk for serious eye injury by not wearing decorative contact lenses.

O

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

W

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

E

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

E

Enter homes only if you're with a trusted adult.

N

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.