



Spotlight On Health

"Trick Or Treat" Safely

Halloween is fun because you use your imagination, create a costume and trick or treat! That's all good, but safety has to play an important role on Halloween "Trick or Treat" time. Here are a few tips to help.

Pumpkin Safety Tips

- ▶ Decorate your pumpkin with markers or paint. Leave the carving to the adults.
- ▶ Use candles carefully. Candle lit pumpkins need to be away from anything flammable like curtains. Never leave them unattended or better yet - use flashlights or battery operated flameless candles.

Home Front Tips

- ▶ Clean up and put away anything that a trick or treater could trip over. Turn the lights on.
- ▶ Control your pets. Take no chances that the family pet may get frightened or bite someone.
- ▶ Consider sugar substitutes like stickers, pencils, rubber insects, etc.

Costume Safety Tips

- ▶ Create a costume that is bright in color. Trick or treating is traditionally held during the evening so your costume needs to be seen by both pedestrians and vehicles. A good idea is to use reflective materials or tape attached to your child's costume and trick or treat bag. A flame retardant costume is also a good idea. Make sure the costume fits well, including the shoes and you have plenty of room to dress warmly.
- ▶ A mask can obstruct your vision - make sure it fits and you can see. How about make-up instead? Test costume makeup on a small area of skin to make sure you are not allergic to it.
- ▶ Any weapons or props should look and feel harmless and be brightly colored. Make sure they are bendable and do not have any pointed ends.

Trick-or-Treating Safety Tips

- ▶ Never go into a stranger's house and only accept treats in the doorway.
- ▶ When you are trick or treating, make sure your parents or a re-



sponsible adult is with you at all times. Never trick or treat alone.

- ▶ Be careful when you cross a street. Look in all directions and make sure there is not a car coming. If you are with younger children, take their hand and help them cross. Cross the street at the corner or at a crosswalk. Do not cut through back alleys or fields.
- ▶ Do not get into a stranger's car.
- ▶ Plan your entire route a head of time.
- ▶ Be sure to say thank you for your treats.
- ▶ Be careful walking near lit pumpkins or luminaries.
- ▶ Only go to houses where the lights are on.
- ▶ Walk on sidewalks or driveways.
- ▶ Make sure someone has a cellular phone in case of emergency.
- ▶ Carry a flashlight or glow stick to make you more visible.
- ▶ Go out trick or treating only during specified times for your neighborhood.
- ▶ Have your parents check your candy BEFORE you eat it when you get home. Keep only the treats that are unopened with wrappers that aren't torn or have holes in them. After you eat candy, don't forget to brush your teeth!

Halloween can be so much fun, so be safe this year and have a wonderful time.