

Halloween Safety Tips

Leaving the Fright Out of the Night

Treat Tips:

- ✓ Instruct children not to snack on treats until an adult has inspected them. To help avoid temptation while out trick-or-treating, provide them with a snack or light meal before they go. A grumbling belly will make snacking much more likely.
- ✓ Inspect all treats, including those that are commercially wrapped, for signs of tampering. Look for unusual appearance (such as pin holes or tears in the wrapper) or discoloration. Throw away anything that looks suspicious.
- ✓ Tell children not to eat anything that is not commercially wrapped. If they receive a homemade treat from a family friend, instruct them to show it to you for inspection before eating. To be as safe as possible, homemade candy and baked treats should be discarded.
- ✓ Remove any choking hazards from the treat stash of young children, such as gum, peanuts, hard candies or small toys.
- ✓ Ensure that any juice or cider served is pasteurized or otherwise treated to destroy harmful bacteria. Labels will indicate if the juice or cider has not been treated.



Make-up Tips:

- ✓ Follow all package directions carefully.
- ✓ Use only products intended for use on the skin.
- ✓ Avoid putting make-up near eyes, especially if avoiding the eye area is indicated on the label.
- ✓ Test the make-up before using it on the face. Dab a small amount on an arm or hand to check for allergic reaction.

Costume Tips:

- ✓ Purchase/design costumes that are bright and light enough for motorists to see.
- ✓ Purchase and place reflective tape on costumes and treat bags. Reflective tape is usually available in hardware, bicycle and sporting goods stores.
- ✓ Avoid costumes made with flimsy materials or big, baggy sleeves/billowing skirts to minimize the risk of contact with candles or other fire hazards.
- ✓ Avoid using decorative contact lenses that are not distributed by an eye care professional. These lenses can cause infections, permanent eye injury and blindness. They also may obstruct vision and cause allergic reactions.
- ✓ Apply cosmetics for effect, rather than purchasing an ill-fitting mask that might restrict breathing or obscure vision. If a mask must be used, make sure it fits properly and has eyeholes large enough to allow for full vision.
- ✓ Tie hats and scarves securely, make sure shoes fit properly and adjust costumes so they are short enough to prevent tripping and falling.
- ✓ Accessories, such as swords and knives, should be made of soft and flexible material.

Trick-or-Treating Tips at a Glance:

- ✓ Costumes/masks should not obstruct vision and should be fastened securely.
- ✓ Costumes, wigs and beards should be flame resistant.
- ✓ Flashlights should be equipped with new batteries and turned on to see and be seen.
- ✓ Shoes should fit well to prevent tripping or falling.
- ✓ Costumes should be decorated with reflective tape for better visibility.
- ✓ Someone responsible should accompany young children.
- ✓ Children should walk, not run, from house to house and use a sidewalk when available.
- ✓ Children should be discouraged from running across lawns, where hard to see items such as lawn furniture, ornaments and clotheslines can present dangers.
- ✓ Children should only go to homes where the residents are known and have lights on to show they are welcome.
- ✓ Treats should be examined before they are eaten.

Source: The U.S. Food and Drug Administration at fda.gov

