

HALLOWEEN SAFETY TIPS

HEY KIDS ...

TRICK-OR-TREAT SAFELY:

- ✓ Carry a flashlight, your parent's cell phone, and emergency identification hidden in your costume.
- ✓ Walk - don't run - from house to house.
- ✓ Keep to familiar neighborhoods - don't cut through yards, back alleys or parks.
- ✓ Only approach homes that are well lit and have the front porch light on.
- ✓ Stay on the sidewalk. If there's no sidewalk, walk on the left side of the road facing traffic.
- ✓ Obey all traffic signals. Remember to Stop-Look-Listen before crossing the street.
- ✓ Wait on the porch for your treats - never enter a stranger's house or car. Call a parent if you're too tired to walk home.



WEAR A SAFE COSTUME:

- ✓ Wear light colored costumes with reflective markings or tape. Add extra reflective tape to your trick-or-treat bag.
- ✓ Avoid wearing masks - they can make it hard to see, hear and breathe. Wear nontoxic face paint or makeup and a crazy wig or hat. Think carefully about carrying fake knives, guns or swords.

A MEMO TO PARENTS ...

- ✓ Discuss what behavior is acceptable to you on "Mischief Night" and while trick-or-treating on Halloween.
- ✓ Feed your child a nutritious snack (or meal) before they go trick-or-treating or to a party.
- ✓ Keep all costumes short enough to prevent tripping, and large enough for layering of clothing if it's chilly.
- ✓ Young children of any age should be accompanied by an adult.
- ✓ Older children who trick-or-treat without an adult should go out in a group, plan their route, and establish when they'll be home.
- ✓ Although tampering is rare, remind children to bring their treats home before eating anything.
- ✓ Give out healthier treats: packages of peanut butter crackers or mini boxes of raisins ... or give out non-food treats like plastic rings, pencils, stickers, erasers or coins.
- ✓ Don't give unwrapped or homemade treats (cupcakes or cookies, baggies of popcorn or pretzels), hard candy in twisted wrappers or fresh fruit ... these are "unsafe" treats.

A NOTE TO HOMEOWNERS ...

- ✓ Clear your yard of objects that can trip young children ... ladders, hoses, dog leashes, flower pots, etc.
- ✓ Keep the family pets away from trick-or-treaters (even gentle animals may not recognize "their" children, become frightened and attack).
- ✓ Consider fire safety when decorating: don't overload electrical outlets with holiday lighting or special effects; battered powered jack o'lantern candles are preferable to a real flame; if you do use candles, place the pumpkin well away from trick-or-treaters.
- ✓ Drivers ... go slow, slow, slow all evening. If you are going to an adult Halloween party, remember to have a designated, non-drinking driver.



MANALAPAN HEALTH DEPARTMENT