



HEALTH BULLETIN

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Halloween Safety Tips

Halloween is a time for ghosts, witches, goblins and other scary creatures of the night. When presented in a simulated way, frightening frolics can be fun and exhilarating, but safety must be the number one concern for parents. Below are some tips on how to keep children safe on Halloween. The holiday also offers parents the opportunity to encourage physical activity and provide nutritious snacks to their children. Exercise and good nutrition do prevent obesity and diseases such as diabetes, heart failure and some kinds of cancer.

DECORATIONS

- 🍷 Keep candles and jack-o'-lanterns away from landings and doorsteps where costumes could brush against the flame.
- 🍷 Remove obstacles from lawns, steps and porches.
- 🍷 Keep candles and jack-o'-lanterns away from curtains, decorations and other combustible items that could be ignited indoors



COSTUMES

- 🍷 Purchase flame-resistant fabrics such as nylon or polyester for costumes, masks, beards and/or wigs.
- 🍷 For those who will be out during dusk and darkness, purchase costumes that are light, bright and clearly visible to motorists. Trim costumes with reflective tape that will glow in the beam of a car's headlights. Equip children with flashlights to see and be seen.
- 🍷 Guard against trips and falls, by selecting well-fitted costumes that are not trip hazards. Wear well-fitting, sturdy shoes, not oversized shoes or high heels.
- 🍷 Tie hats and scarves securely to prevent them from slipping over children's eyes and obstructing vision.
- 🍷 Masks can restrict vision; instead, consider using makeup but be sure to spot test makeup before using.
- 🍷 If using masks, fit them securely, for adequate ventilation, and maximum vision.

TREATS

- 🍷 Consider attending public events at schools and community agencies as an alternative to trick-or-treating.
- 🍷 If hosting a party, serve healthy snacks such as fruits and vegetables with dip. Serve only pasteurized juice.
- 🍷 Instruct children not to eat any treats before an adult has examined them carefully for evidence of tampering. To discourage munching, provide a light snack before they go out.
- 🍷 Discard any unwrapped, ripped or discolored items and homemade candy or baked goods.
- 🍷 Wash all fruit thoroughly, inspect it for holes--including small punctures--and cut it open before allowing children to eat it.
- 🍷 Immediately report to the police any suspicious item that may have been tampered with.
- 🍷 Avoid items that are small enough to present a choking hazard for young children, such as gum, peanuts, hard candies or small toys.