

Wellness by the Month

Halloween Safety Month

Halloween is an exciting time for kids and parents too! But none of us want to see our children injured or in unsafe conditions. Make sure you talk to your kids about safety before heading out for a night of fun.

Before You Trick-Or-Treat

- Make sure an adult or older responsible youth will be supervising children under the age of 12.
- Plan and discuss the route trick-or-treaters intend to follow and establish a return time.
- Instruct your children to only travel in familiar areas and to stop only at houses or apartment buildings that are well-lit and never to enter a stranger's home.
- Tell youngsters NOT to eat any treat until they return home.

Costumes

- Masks should not obstruct a child's vision or airway. Use only fire-retardant costumes.
- Costumes should be short enough that they do not cause a tripping hazard (the leading cause of Halloween injury).
- Pin a slip of paper with your child's name, address and phone number in your child's costume in case they become separated from their group.
- Knives and swords should be made of flexible material or cardboard and do not let children carry sharp objects,
- Bags carried by children should be light-colored and reflective.
- Flashlights can help a child see better and be seen more clearly in the dark.

Home, Safe Home

- Remove anything a child could trip over in your front yard (hose, lawn ornaments).
- Check outdoor lights and replace burned-out bulbs.
- Remove wet leaves from sidewalks and steps.
- Restrain pets so they do not jump on children.
- Check all candy and treats thoroughly before allowing children to eat them.

Motorists be Alert!

- Watch for children darting out from between cars.
- Watch for children walking on roadways, medians and curbs.
- Enter and exit driveways and alleys carefully.
- At twilight and later in the evening, watch for children in dark clothing.