* Halloween Health and Safety Tips

Autumn holidays like Halloween and Harvest Day are fun times for children of all ages, who can dress up in costumes, enjoy parties, enjoy fall fruits and vegetables, and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity, and focus on safety. Check out these tips to help make the festivities fun and safe for trick-or-treaters and party guests.

Going trick-or-treating?

alphabet letter sSwords, knives, and similar costume accessories should be short, soft, and flexible.

alphabet letter aAvoid trick-or-treating alone. Walk in groups or with a trusted adult.

alphabet letter fFasten reflective tape to costumes and bags to help drivers see you.

alphabet letter eExamine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

alphabet letter hHold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

alphabet letter aAlways [**test make-up**](http://www.fda.gov/Cosmetics/ProductandIngredientSafety/ProductInformation/ucm143055.htm)**[External Web Site Icon](http://www.cdc.gov/Other/disclaimer.html)** in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

alphabet letter lLook both ways before crossing the street. Use established crosswalks wherever possible.

alphabet letter lLower your risk for serious eye injury by not wearing [**decorative contact lenses.**](http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/ContactLenses/ucm270953.htm)

alphabet letter oOnly walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

alphabet letter wWear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

alphabet letter eEat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

alphabet letter eEnter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.

alphabet letter nNever walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Expecting trick-or-treaters or party guests? Follow these tips to help make the festivities fun and safe for everyone:

* Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For party guests, offer a variety of fruits, vegetables, and cheeses.
* Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
* Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
* Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
* Remind drivers to watch out for trick-or-treaters and to drive safely.

Courtesy of <http://www.cdc.gov/family/halloween/>

[**www.commonhealth.virginia.gov**](http://www.commonhealth.virginia.gov)

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