

HALLOWEEN

SAFETY TIPS

Halloween is an exciting time of year for kids. Choosing a costume and Trick-or-Treating are hallmarks of Halloween.

To help them have a safe holiday, here are some tips from the American Academy of Pediatrics (AAP).



ALL DRESSED UP

- Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping.
- Costumes, wigs and accessories should be clearly marked as fire-resistant.
- Consider non-toxic makeup and decorative hats as safer alternatives to masks.
- Test makeup ahead of time on a small patch of skin to make sure there are no unpleasant surprises on the big day. Remove all makeup before bed.
- Add reflective tape to costumes and bags.
- Do not use decorative contact lenses. Using decorative contact lenses without a prescription is both dangerous and illegal, and can cause pain, inflammation, and serious eye infections.

ON THE TRICK-OR-TREAT TRAIL

- A responsible adult should accompany young children on the neighborhood rounds.
- If your older children are going alone, plan and review a route acceptable to you. Agree on a specific time that they should return home.
- Never enter a stranger's home or car.
- Remain on well-lit streets and always use the sidewalk when possible.
- Wait until children are home to sort and check treats. Though tampering is rare, a responsible adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.
- Don't assume the right of way. Motorists may have trouble seeing Trick-or-Treaters.

Source: American Academy of Pediatrics, www.aap.org

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