



Trick-or-Treat?

October 2007
Health Letter

During the upcoming fall festivities there are many dangers children, young and old, often ignore. Rather you choose to participate or not, keeping our children and community safe should be EVERYONE'S main priority. Here are a few hints to ensure that this season is safe and fun for everyone:

Hazards

- 🍊 Poor visibility. Dusk creates problems for drivers- wear **BRIGHT** colors! And if you are the one driving, be extra cautious on this night, always be prepared for a child to cross the street or run out in front of you.
- 🍊 Tripping hazards in the dark- carry a flashlight, chemlight, etc.
- 🍊 Dangerous dress that impedes vision or ability to walk- use good fitting costumes with no mask, or one that fits well and has large eye holes.
- 🍊 Tainted candy- always examine first.

Candy Safety

- ☀️ Instruct children to bring all candy home before eating it so that it can be examined by an adult. To help children prevent munching, feed them dinner before going out. **Do NOT send them out on an empty stomach.**
- ☀️ Throw out candy or treats that are homemade, unwrapped or if they appear to have been tampered with (pinholes in wrappers, torn wrappers, etc)
- ☀️ Parents of small children should remove all choking hazards such as gum, peanuts, hard candies or small toys.
- ☀️ Wash all fresh fruit thoroughly, inspect it for holes, including small punctures, and cut it open before allowing children to eat it.

Remember...

- 🍷 Remind children to **WALK**, don't run.
- 🍷 Stay on sidewalks.
- 🍷 Stay in familiar neighborhoods.
- 🍷 Stay in well-lit areas.
- 🍷 Don't go into anyone's home, wait at door if they have to go in & get the treats.



Teenagers...

- 🍷 **Remember to be on the watch for small children while you are out having fun.**
- 🍷 **Always take into consideration the consequences of your actions.**
- 🍷 **Have fun.**

ADULTS:

*BE ON THE LOOKOUT FOR UNSAFE BEHAVIOR. EXCITEMENT
SOMETIMES PREVENTS CHILDREN FROM EXERCISING GOOD JUDGEMENT.*

Consider participating in a local fun alternative:

- ◆ Find a special event or start one in your neighborhood.
- ◆ Share the fun by arranging a visit to a Retirement Home or Senior Center.
- ◆ Create an alliance with local service clubs and merchants for children's face painting or a carnival.

Fun Alternatives



Rather you choose to participate in this year's festivities or not, remember to be safe and remind others to do the same.