

Steps to a happy & healthy Halloween for your family.

Halloween is a time of year for kids of all ages-but it is also an important time to be extra-vigilant for possible safety hazards to help you and your children have a happy Halloween, the website KeepKidsHealthy.com suggests the following tips:

Costume Safety

- Choose a costume made of flame retardant material.
- Costumes should be hemmed so that they don't cause your child to trip and fall.
- To make sure a child is clearly visible in the dark, add some reflective tape to the costume or bag he or she is using to carry candy, or choose a costume made of bright material that is visible in the dark.
- Masks should fit securely and allow your child to see well.
- Only use face paint that is non-toxic and hypoallergenic
- Knives, swords, and other accessories or props should be made of a flexible material, so they don't cause an injury if they are fallen on.

Trick-or-treating Safety

- When trick-or-treating, young children should be supervised by an adult. Older children should trick-or-treat in large groups.
- Trick-or-treaters should carry a flashlight
- Encourage your children to visit only well-lit houses in familiar neighborhoods.
- Urge your kids not to take shortcuts across backyards or alleys. They should stick to the sidewalks of well-lit streets.

Candy Safety

- Instruct your children to bring all candy home before eating it, so you can carefully inspect it for tampering.
- Throw out candy or treats that are homemade, unwrapped, or appear to have been tampered with look for pinholes in wrappers, torn wrappers, or other warning signs.

Visit www.fda.gov for additional food and safety tips provided from the U.S. Food & Drug Administration.

General Safety Tips

- Homeowners should prepare their home for trick-or-treaters by removing obstacles from the yard, restraining dogs and other animals, and lighting the house thoroughly.
- Provide treats that are individually wrapped, or offer kids non food treats, such as stickers and erasers.
- Artificial lights and candles are a safer alternative to real candles with flames that can pose a fire hazard.
- If you are going to an adult Halloween party, make sure that you don't drink and drive.