

# Halloween Health and Safety Tips

**S**

Swords, knives, and similar costume accessories should be short, soft, and flexible.

**A**

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

**F**

Fasten reflective tape to costumes and bags to help drivers see you.

**E**

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

**H**

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

**A**

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

**L**

Look both ways before crossing the street. Use established crosswalks wherever possible.

**L**

Lower your risk for serious eye injury by not wearing decorative contact lenses.

**O**

Only walk on sidewalks whenever possible or on the far edge of the road facing traffic to stay safe.

**W**

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

**E**

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

**E**

Enter homes only if you're with a trusted adult.

**N**

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

**For more information about these tips, visit: [www.cdc.gov/family/halloween](http://www.cdc.gov/family/halloween)**

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