

Halloween Safety

Look Inside For:

- **How to Make Sure Your Kids Are Seen on Halloween**
- **Halloween Safety Tips (English/Spanish)**
- **The Do's and Don'ts of Halloween**
- **Halloween Health and Safety Tips (English/Spanish)**
- **Tips to Safely Celebrate Halloween with Food Allergies**
- **Halloween Scramble Activity Sheet**

For more information on ways to lead a healthier lifestyle visit our website GetHealthyCT.org



Find us on Facebook and Twitter!



OCTOBER 2019

How to Make Sure Your Kids Are **SEEN ON HALLOWEEN**



A CHILLING FACT

**Kids are more than twice as likely to be hit by
a car and killed on Halloween
than on any other day of the year.**

WHAT YOU CAN DO

Make it easier for drivers to see kids.

**Give your child a flashlight or glow stick to carry, or attach
retroreflective hangtags, wristbands or tape to their costumes.**



WHERE TO FIND VISIBILITY STUFF

Places like Target and Walmart carry glow sticks.

Sporting goods stores sell retroreflective gear.

**You can find retroreflective tape and wristbands online
at Amazon and other sites.**

**SAFE
K:DS**
WORLDWIDE™

Halloween Safety Tips

Everything you need to know to keep your kids safe on Halloween.

Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury.

Walk Safely

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.



Drive Extra Safely on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.

On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.



Trick or Treat With an Adult

- Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.

Keep Costumes Both Creative and Safe

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.



Consejos de Seguridad para Halloween

Todo lo que necesita saber para la seguridad de sus hijos en Halloween.

A todo el mundo le encanta un buen susto en Halloween, pero no cuando se trata de la seguridad de sus hijos. Hay varios comportamientos sencillos y eficaces que los padres pueden compartir con los hijos para ayudar a reducir el riesgo de lesiones.

Caminar con precaución

- Cruce la calle en las esquinas, usando las señales de tráfico y los pasos peatonales.
- Mire a la izquierda, derecha e izquierda de nuevo antes de cruzar y siga mirando al cruzar.
- Pon dispositivos electrónicos hacia abajo y mantenga la cabeza arriba y camine, no corra, cruzando la calle.
- Enseñe a los niños a hacer contacto visual con los conductores antes de cruzar delante de ellos.
- Camine siempre por las aceras o sendas. Si no hay aceras, camine de cara al tráfico, lo más pegado a la izquierda que sea posible. Los niños deben caminar por las rutas más directas y con menos cruces.
- Esté atento a los coches que están girando o haciendo marcha atrás. Enseñe a los niños a no salir disparados hacia la calle y a no cruzar entre los autos aparcados.



- Al elegir un disfraz, asegúrese de que sea de la talla correcta para evitar tropezones y caídas.

Conduzca con extrema precaución en Halloween

- Reduzca la velocidad y esté especialmente alerta en las zonas residenciales. Los niños se excitan en Halloween y pueden moverse en formas impredecibles.
- Emplee más tiempo del habitual buscando la presencia de niños en los cruces, medianeras y bordillos.
- Entre y salga de los caminos de entrada y de los callejones lentamente y con cuidado.
- Elimine las distracciones dentro de su coche para poder concentrarse en la carretera y sus alrededores.
- Conduzca despacio, espere la presencia de muchos peatones y encienda pronto las luces del auto para detectar a los niños a mayor distancia.
- Durante las horas de 5:30-9:30 se estará celebrando el trick-or-treat, por favor tengan cuidado y estén atentos a los niños.

Pedir caramelos con un adulto

- Los niños menores de 12 años no deben andar solos por la noche sin la supervisión de un adulto. Si los niños son lo suficientemente maduros como para estar sin supervisión, deben permanecer en áreas conocidas que estén bien iluminadas y pedir caramelos en grupos.



De media, los niños tienen el doble de probabilidades de morir atropellados en Halloween que en cualquier otro día del año.

Los disfraces deben ser tan seguros como creativos

- Decore los disfraces y las bolsas con cinta adhesiva o pegatinas reflectantes y, si es posible, elija colores claros.
- Siempre que sea posible, utilice pintura y maquillaje facial en lugar de máscaras que puedan obstruir el campo de visión de los niños.
- Procure que sus hijos lleven barras luminosas o linternas para ayudarlos a ver y a ser visibles para los conductores.



The do's and don'ts of Halloween

Do:



Go out with a group.



Let your parents know where you are.



Stay in well-lit areas.



Put your phone away instead of staring at it while you walk.



Stay in neighborhoods you know.

Don't:



Go into the home of a stranger.



Eat treats that look already unwrapped or tampered with.



Wear a costume that makes it hard to see or be seen.



Roughhouse around lit jack-o-lanterns.



Cross the street without first looking for cars.

Have a fun and safe Halloween!



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. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.

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

Office of Women's Health • 770-488-8190 (phone) • owh@cdc.gov (e-mail)

U. S. Department of Health and Human Services
Centers for Disease Control and Prevention

Consejos para un Halloween seguro y saludable

Los accesorios de los disfraces, como espadas y cuchillos, deben ser pequeños y de materiales flexibles y blandos.

Evita salir a pedir dulces solo. Sal en grupos o con un adulto de confianza.

Pon cinta fosforescente en los disfraces y las bolsas para dulces para que te puedan ver los conductores de autos.

Revisa los dulces antes de comerlos por si están dañados y para evitar el peligro de asfixia. No comas demasiadas golosinas.

Lleva una linterna cuando salgas a pedir dulces para que puedas ver a tu alrededor y los demás te puedan ver. Siempre CAMINA y no corras de casa en casa.

Antes de aplicarte el maquillaje, Pruébalo primero en un área pequeña. Quítatelo antes de acostarte para prevenir una posible irritación de los ojos y la piel.

Mira en ambas direcciones antes de cruzar la calle. Acuérdate de cruzar las calles por las áreas designadas.

No te pongas lentes de contacto de colores o con diseños para evitar lesiones graves en los ojos.

Camina solamente por las aceras o, si tienes que caminar por la calle, hazlo lo más cerca posible de la acera siempre mirando en dirección al tráfico.

Usa máscaras, disfraces y zapatos que te ajusten bien para poder ver mejor y evitar tropezones y caídas.

Solamente come dulces que vengan empacados de la fábrica. No comas dulces hechos por personas que no conozcas.

No entres a la casa de otra persona a menos que te acompañe un adulto de confianza. Solamente visita casas que estén bien iluminadas. No vayas a casas oscuras. Nunca te subas al auto de una persona que no conozcas.

Nunca camines cerca de velas o farolitos encendidos. Asegúrate de usar disfraces resistentes al fuego.

Para obtener más información sobre un Halloween seguro y saludable, visita:

www.cdc.gov/family/halloween

Oficina de Salud de la Mujer • 770-488-8190 (teléfono) • owh@cdc.gov (correo electrónico)

Departamento de Salud y Servicios Humanos de los EE. UU.
Centros para el Control y la Prevención de Enfermedades

Tips to Safely Celebrate Halloween with Food Allergies

Written in collaboration with Gina M. Lee, M.Ed.

TAKE ALL FOOD ALLERGIES SERIOUSLY • TRACE AMOUNTS OF FOOD CAN CAUSE A REACTION

Halloween at Home

Halloween can be a fun and exciting holiday for children, but it is not without risk for those with food allergies. Families raising children with food allergies need to take extra precautions in order to keep their children safe. In addition, children with food allergies may also feel left out due the fact that many candies contain allergens and many celebrations center around these foods. Fortunately, there are many ways your family can safely celebrate Halloween with food allergies.

Consider hosting a party at your home. Children can wear their costumes, create handmade crafts and dance to spooky music. There are many craft ideas available on sites such as Pinterest that are fun, easy to make and inexpensive. Hosting a party provides you the control to serve only food that is safe for everyone (if you choose to serve food). Check KFA's recipes for a variety of allergen-friendly treats.

Enlist the help of others. Talk to neighbors, family, and close friends about your child's food allergies and safe options they could offer your child on Halloween. You may even wish to purchase the items yourself so these trusted adults can have them on hand for your child. Depending on your child's age, needs, and your own comfort level, you may want to only go trick-or-treating at these prescreened homes.

Trade unsafe treats. If you choose to allow your child to trick-or-treat freely, offer to trade unsafe items for safe treats or a special prize such as a book or toy. Let your child know that he or she will not be allowed to eat any treats without you checking the label and approving it first.*

Have a food-free Halloween. Hand out non-food treats to trick-or-treaters. You may find that your house is the busiest house in the neighborhood by supplying fun and unusual treats.

*Remember that Halloween candy may be manufactured in a different facility than their regular-sized counterparts. Be sure to check the labels and also find out the manufacturing practices of your favorite treats.



Trick-or-Treating Checklist

- ✓ **Costume that is visible to motorists (add reflective tape if needed) and that allows your child to see (no masks)**
- ✓ **Flashlight**
- ✓ **Treat bag**
- ✓ **Epinephrine auto-injectors and emergency care plan**
- ✓ **Comfortable shoes**
- ✓ **Cell phone (make sure it's charged and emergency numbers are in your contact list)**
- ✓ **A trained adult to supervise**
- ✓ **A group of friends to walk with**
- ✓ **Wipes for hand washing on the run**

Examples of Non-food "TREATS"

- Glow sticks
- Glow necklaces, bracelets and rings
- Bouncing "eye" balls
- Spider rings
- Halloween-themed stickers, pencils, pens, and erasers
- Fake vampire teeth
- Mustache stickers
- Crazy sunglasses
- Headbands with antennas
- Whistles, kazoos and other noise-makers
- Small flashlights
- Halloween key chains
- Allergen-friendly slime or silly putty

Halloween at School

Many schools are moving away from celebrating Halloween in class. If your school chooses to celebrate Halloween, here are some tips for ensuring that it is safe and fun for everyone. Partner with key school staff and families to plan holiday festivities in alignment with your school's wellness plan.

Parents: Have a discussion with the teacher in advance about making the celebration safe and inclusive for your child. Start this conversation early and with a written plan. If possible, help to organize the event and plan to attend. Make sure your child's emergency care plan is up-to-date and that the school has any prescribed emergency medicines your child may need during the school day.

Teachers: It is considered a best practice not to share food. Many Halloween candies and treats are unsafe for children with food allergies. Labeling can be inconsistent or unclear.* The CDC recommends the use of non-food rewards¹. Forty-five percent of allergic reactions requiring epinephrine in schools begin in the classroom. Also, 20-25% of allergic reactions requiring epinephrine in schools are for people without a prior history of food allergy.² By choosing non-food celebrations, you greatly reduce the risk of an allergic reaction in your classroom. In addition, it reduces the worry and extra monitoring the day of the celebration and allows you and the children to focus on the fun. A Halloween without food is also healthier and consistent with the wellness policies in place in many schools.

Halloween-themed Crafts and Games

- Decorate a mask with glitter, jewels, stickers, paint, markers, feathers, etc.
- Decorate a small pumpkin with paints and permanent markers.
- Make a spider out of googly eyes, pipe cleaners and pom-poms.
- Make a necklace out of Halloween-themed beads and cord.
- Paint the inside of a canning jar white, add black eyes to make a ghost candle holder.
- Decorate a treat bag. Buy plain bags and decorate using paints, markers, stickers and other craft materials.
- Pin the nose on the jack-o-lantern.

References:

1. Centers for Disease Control. 2013. Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs. Retrieved online October 5, 2014 from http://www.cdc.gov/healthyyouth/foodallergies/pdf/13_243135_A_Food_Allergy_Web_508.pdf.
2. Massachusetts Department of Public Health. 2010. Data Health Brief: Epinephrine Administration in Schools. Retrieved online October 5, 2014 from <http://www.mass.gov/eohhs/docs/dph/com-health/school/epi-data-health-brief-10.pdf>.

Fun ways to celebrate!

WRITING: Work on a spooky story and share on Halloween.

MATH: Have students create math problems using with a Halloween theme. Allow them to share and solve as a class. (e.g., Mark had 8 pumpkins. Julio had 11. How many did they have all together? Draw a picture to show your answer.)

STORY-TELLING: Give children a scary writing prompt and allow each child to add a line to a class story. Allow children to choose a spooky or silly story to share with the class.

COSTUME DAY: Allow children to wear their costumes to school. Have each child create an award for a classmate based on his/her costume (ex. most creative, scariest, silliest costume) and have an awards ceremony.

HELP OTHERS: Donate extra change or items to a local charity for Halloween. Make Halloween crafts to give to a local senior center or to decorate a homeless shelter.

PHYSICAL ACTIVITIES: Do a "Spooky Scavenger Hunt." Create a Halloween-themed obstacle course complete with spooky music. Play Halloween musical chairs. Have a mummy-wrapping contest using toilet paper.

NON-FOOD TREATS: (See list on page 1)

FOR MORE INFORMATION

For additional ideas on non-food rewards, see KFA's list of non-food rewards.

KidsWithFoodAllergies.org | AAFA.org

Halloween Scramble

Unscramble the letters under the blanks to find out what you can do to help stay safe while trick-or-treating.

1. Walk on

E I A S K D W S L

2. Stay in

O S G P R U

3. Avoid

T A E S N R S G R

4. Carry a

G T A H F S I L H L

5. Ask your parents to check your

S E T T A R



ANSWERS: (1) SIDEWALKS (2) GROUPS (3) STRANGERS (4) FLASHLIGHT (5) TREATS