

SCMA health watch



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Health Tips from South Carolina's Doctors

HALLOWEEN SAFETY

This information has been provided by the American Academy of Pediatrics.

COSTUME SAFETY

VISIBILITY

- Choose costumes that are bright colored to make children more visible at night.
- Use reflective tape or stickers to decorate bags or costumes.
- Travel with flashlights.

SAFETY

- Only buy costumes and accessories with flame resistant labels.
- Dress children in shoes that fit.
- Make costumes short enough to avoid tripping.
- Use non-toxic face paint instead of masks so eyesight won't be blocked.
- Secure hats so they will not slip over eyes.
- If a sword, cane, or stick is a part of your child's costume, make sure it is not sharp or too long. A child may be easily hurt by these accessories if he stumbles or trips.
- Attach the name, address and phone number (including area code) of children under age 12 to their clothes, in case they get separated from adults.

CANDY SAFETY

- A good meal prior to parties and trick-or-treating will discourage youngsters from filling up on Halloween treats.
- 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.
- Tell children not to accept -- and, especially, not to eat--anything that isn't commercially wrapped.
- 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 young children should remove any 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.

TRICK-OR-TREATING

A parent or responsible adult should always accompany young children on their neighborhood rounds. If your older children are going alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home.

REMIND TRICK-OR-TREATERS:

- Stay in a group and communicate where they will be going.
- Carry a mobile phone for quick communication.
- Only go to homes with a porch light on.
- Remain on well-lit streets and always use the sidewalk.
- If no sidewalk is available, walk at the far edge of the roadway facing traffic.
- Never cut across yards or use alleys.
- Never enter a stranger's home or car for a treat.
- Only cross the street as a group in established crosswalks.
- Don't assume the right of way. Motorists may have trouble seeing Trick-or-Treaters. Just because one car stops, doesn't mean others will.

PREPARING FOR TRICK-OR-TREATERS

- Small children should never carve pumpkins. Children can draw a face with markers, then parents can do the cutting.
- Homeowners should prepare their home for trick-or-treaters by removing obstacles from the front yard, restraining dogs and other animals, and turning on all outdoor lighting.
- Provide treats that are individually wrapped candy or offer kids nonfood treats, such as stickers and erasers.
- Artificial lights and candles are a safer alternative to real candles with a flame that can pose a fire hazard.
- Keep jack o'lanterns lit with candles away from landings or doorsteps where costumes might brush against the flame.



Did you Know?

Children are four times more likely to be hit by a car on Halloween than any other night of the year

Safe Kids 2005

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