

Tips for a Safe Halloween

Today we're sharing some Halloween safety tips for you and your little ghouls and goblins. Keep track of these tips by pinning them on Pinterest.

TIPS FOR A *Safe Halloween*

- S** Swords, knives and other 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 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 to help others see you. WALK and don't run from house to house.
- A** Always test make-up on a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- L** Look both ways before crossing the street. Use crosswalks wherever possible.
- L** Lower your risk for serious eye injury by not wearing decorative contact lenses.
- O** Only walk on sidewalks 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. Never accept rides from strangers.
- N** Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

LIVE WELL UTAH

This article was re-published from October 2015, with information taken from cdc.gov.