

October 2006 Health Bulletin for *YOUth*

Cooperative Extension Service

This publication compiled and edited by the H.E.E.L. Program
(Health Education through Extension Leadership) Staff



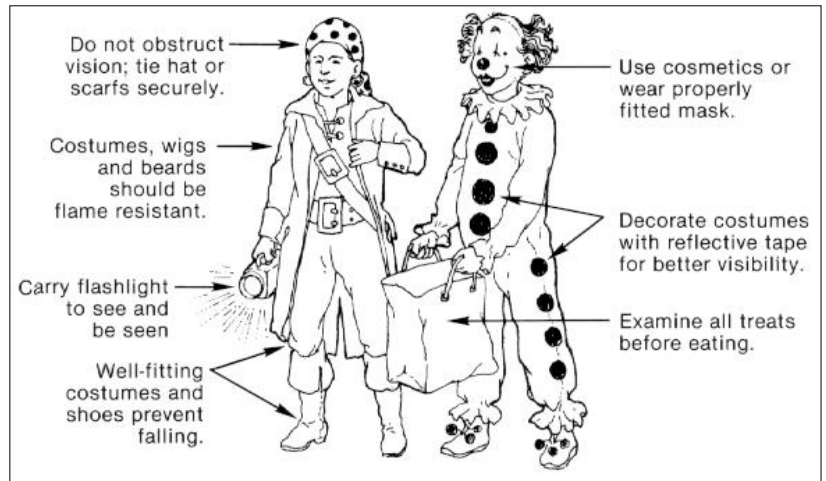
Celebrating Halloween Safely



October is **Halloween Safety Month**. Here are some important tips on how to have a safe and happy Halloween this year.

Choosing that all important costume

- ◆ **Make sure your costume fits you.**
Do not wear oversized shoes, hats, or loose fitting shirts or dresses. Wearing clothing that does not fit might cause you to fall or may catch fire if you get too close to a candle or other flame.
- ◆ **Make sure your costume is bright and reflective;** you'll be easier to see.
- ◆ **Do not carry sharp objects.** Be sure that make-believe swords or knives are dull enough to avoid cutting someone or cutting yourself.
- ◆ **Carry a flashlight.** The light will help you safely see your way around and will also allow others to see you too.



Costume Safety Tips.

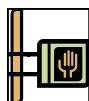
Courtesy: U.S. Consumer Product Safety Commission, Office of Information and Public Affairs, 4330 East West Highway, Bethesda, MD 20814

Trick or Treating Safety

- ◆ If you are very young make sure a parent or other responsible adult goes along with you for trick or treating.
- ◆ Know the neighborhood. Do not go to stranger's homes.
- ◆ Only go to homes with the porch light on.
- ◆ Do not talk to strangers while out trick-or-treating.
- ◆ Do not take candy or other treats from anyone you do not know.
- ◆ Walk in a group. Stay in a group with a responsible adult and stay with your group at all times.



- ◆ Obey safety rules such as crosswalks.
- ◆ Only walk down well-lit streets or roads.
- ◆ Have someone in your group carry a cell phone, if possible.
- ◆ Have a parent or other adult inspect your candy or other treats when you arrive home—**before you eat any of it.**
- ◆ Know emergency phone numbers. Ask your parents to explain when you would need to call 9-1-1.



Home Safety

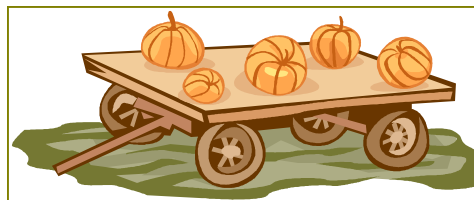
- ◆ Keep the porch light on for children who may come to your door.
- ◆ Make sure pathways are safe and well lit for visitors. You can help your parents get ready for trick or trick night by helping make sure leaves are swept and lights are working.
- ◆ Keep pets restrained when visitors come to the door.



- ◆ Make sure jack-o-lanterns do not have large flames that could cause a fire. Use small votive lights instead of large candles.
- ◆ Do not open doors to suspicious people who come to your door, especially after you turn off the porch light.

Other Safety Tips

- ◆ Assist your parents with carving pumpkins. Young children may draw a face with a marker or paint.
- ◆ Do not put lit jack-o-lanterns near objects such as curtains. Instead keep them on the front porch.
- ◆ Plan an at-home Halloween party or get together for you, your family, and your friends if going trick or treating is potentially unsafe.



Sources:

- American Academy of Pediatrics
<http://www.aap.org/advocacy/releases/octhalloween.htm>
- U.S. Consumer Product Safety Commission
<http://www.cpsc.gov/cpsc/pub/pubs/hallow.html>
- American Red Cross
<http://www.redcross.org/services/hss/tips/october/octtips.html>

The October 2006 Health Bulletin for *YOUth* was prepared by:

Peggy Riley, RN, MSN
Extension Specialist for Nursing
UK Cooperative Extension
HEEL Program
UK College of Nursing

Reviewed by:

- **Carol Whipple, M.S.**
Extension Specialist
UK Cooperative Extension
HEEL Program
- **Kim Henken**
Assistant to the Director
School of Human
Environmental Sciences
UK College of Agriculture

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