

### Visit our website!

The UK HEEL program website is packed with useful information, including previous health bulletins. Visit us at [www.ca.uky.edu/HEEL](http://www.ca.uky.edu/HEEL)



# YOUTH HEALTH BULLETIN

OCTOBER 2011

## HALLOWEEN SAFETY

**H**alloween can be very fun — pumpkins, candy, and costumes. It is a great time to dress up and be with family and friends. However, you will want to be safe as you roam the streets like ghosts, goblins and ghouls!

What will you be for Halloween? If you have not decided, here are some fun costumes ideas for you and your family and friends:

Continued on the back →



## CONTINUED FROM PAGE 1

- Prince and princess
- Vampire and bat
- Doctor and patient
- Salt and pepper shakers
- Sun and moon
- Cat and dog
- Dog and bone
- Cat and fish
- Fish and fisherman
- Three blind mice
- Three bears
- Three little pigs
- Fireman and fire dog
- Cop and robber



Whatever costume you choose, have fun and be safe.

Wally Cat wants you to have fun on Halloween. He also wants you to be safe. Here are some ways you can make sure you are safe on Halloween:

- **Watch out for cars and traffic** — You probably do not go out often after dark. Make sure that you stay on sidewalks when you can.
- **If you are wearing a mask**, make sure you can see clearly out of the holes for your eyes. If you cannot, consider using face paint so that your eyesight will not be blocked.
- **Make sure you can be seen** — Carry a glow-stick light or flashlight with you. Other people will be able to see you as it gets dark outside.
- **Watch your step** — Make sure that your costume is not something you could trip on. It is likely that you will be going up and down steps at some point and you will want to make sure that you will not trip. The same goes for shoes — make sure that your shoes fit so that you will not fall down.
- **Make sure that you have someone with you**, hopefully a parent. It is fun to go out and trick or treat with a big group. This also is important in case something happens. You may need an adult to help you.

- **Do not enter a stranger's home** — There may be several people in the neighborhood that you do not know. If someone invites you in just say that your mom or dad asked you not to enter anyone's house. Also, never get into a stranger's car.

Should you ring the doorbell? Usually if a house is expecting trick or treaters the porch light will be on. If the porch light is not on, it is usually a sign that no one is home or that they do not expect any trick or treaters.

## Halloween candy

What is your favorite part of Halloween? For many kids it is Halloween candy. Do you eat a lot of your candy that night, or do you wait and have a little bit each day? Be safe when eating all of these treats. When you get home, it is a good idea to have mom or dad help you go through all the candy. If you have any candy that is not wrapped, go ahead and throw it away. No matter how much or how little you eat, make sure to brush your teeth afterward.



## REFERENCES:

- KidsHealth.org – Playing it Safe on Halloween, July 2009
- KidsHealth.org – Halloween, October 2009
- KidsHealth.org – Kids Talk About: Halloween Candy, October 2010

## YOUTH HEALTH BULLETIN OCTOBER 2011

**Written by:** Nicole Peritore  
Get Moving Kentucky Coordinator  
University of Kentucky HEEL Program

**Edited by:** Connee Wheeler

**Designed by:** Rusty Manseau

**Wally Cat and other cartoons by:**  
Chris Ware (@ University of Kentucky)

## Download past health bulletins!

[www.ca.uky.edu/  
HEEL/Bulletins](http://www.ca.uky.edu/HEEL/Bulletins)

