



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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ADPH offers safety tips for Halloween

FOR IMMEDIATE RELEASE

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As Alabama families plan their Halloween celebrations, the Alabama Department of Public Health recommends the following safety tips.

- **Trick or Treating**
 - Hold a flashlight, carry a glow stick, or fasten reflective tape to costumes and bags while trick-or-treating to ensure visibility.
 - Only walk on sidewalks or on the far edge of the road facing traffic to stay safe. Look both ways before crossing the street; use established crosswalks wherever possible.
 - Never allow children of any age to go trick-or-treating alone.
 - Enter homes only if a child is with a trusted adult; otherwise, stay outside.
- **Costumes**
 - Wear well-fitting masks, costumes and shoes to avoid blocked vision, trips and falls.
 - If children carry costume accessories such as swords, sticks and knives, these items should be short, soft and flexible.
 - Always test makeup in a small area first. Remove it before bedtime to prevent skin and eye irritation.
- **Jack-o'-lanterns and injury prevention**
 - Do not allow small children to use pumpkin carving tools. While you may allow them to draw an outline on the pumpkin, only an adult should use carving tools.
 - Keep candle-lit jack-o'-lanterns and luminaries away from doorsteps, walkways, landings and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
 - Replace burned-out bulbs for a clear walking path.
 - Restrain pets so they do not inadvertently jump on or bite a trick-or-treater.
- **Nutrition and food safety**
 - Eat only factory-wrapped treats. Examine all treats for choking hazards and tampering before eating them.
 - Provide healthier treats for trick-or-treaters, such as individual packs of raisins, trail mix or pretzels.
 - Consider purchasing nonfood treats such as crayons and coloring books for children who visit your home.
- **Party tips**

- Offer guests a variety of fruits, vegetables and cheeses instead of unhealthy desserts and candy.
- Use party games and trick-or-treat time as an opportunity for all to get a dose of physical activity.
- Ensure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- Remind drivers to watch out for trick-or-treaters and to drive safely.

- **Fire safety**
 - Purchase flame-resistant costumes, wigs and accessories.
 - Never walk near lit candles or luminaries and keep decorations and flammable materials away from lit candles away from decorations and other things that can burn.
 - Do not leave jack-o'-lanterns, lights or decorations lighted after leaving home or going to bed.
 - Use a flashlight or glow stick instead of a candle to light your pumpkin. If a candle is used, a votive candle is safest.

For more information about preventing injuries, visit <http://adph.org/injuryprevention/>.