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Halloween Hazards Sometimes Come in Disguise

These Halloween hints from the Tri-County Health Department will guarantee a fun, safe holiday for everyone if parents follow a few simple safety precautions for all trick-or-treaters.

Parents can easily prevent the three major causes of childhood Halloween injuries: eye abrasions from masks and costumes; minor skin irritations from face paints; and injuries from flammable costumes.

Masks should fit comfortably, have good visibility, and have no sharp or rough edges that could scratch the eyes or skin. Face paints provide better visibility than masks, especially for kids with glasses, but the makeup must be washed off thoroughly in order to avoid skin irritation.

Fabric costumes should be labeled flame retardant and also be made of light-colored materials or have reflective strips for improved visibility to cars. Outfits should not have any dangling pieces that a child might trip over, and children should wear their own walking shoes, not mom's oversized high heels.

Swords, props and other accessories should be made of soft, flexible materials, not something that could poke an eye or injure another child. Better yet, avoid all weapons completely, as children can get very aggressive if they act out their costume fantasies.

Remind kids to cross only at street corners, never run between parked cars, always remove masks for visibility before crossing the street, be aware of moving vehicles and never go into a stranger's home.

Concerned parents can also accompany children, set time limits and curfews, and instruct children not to eat any treats until they are examined by an adult. In addition, a flashlight provides light for dark sidewalks and increases visibility to passing motorists. It can even be decorated to coordinate with a costume.

Residents can also help increase Halloween safety by providing a well-lighted home and walkway, removing anything that might be tripped over, using battery-powered lights instead of candles in pumpkins, and protecting their pets from pranks.

There are also nutritious alternatives to handing out Halloween candy.

“Treats don’t have to be sweets. Kids love getting stickers, colorful school supplies and novelties instead of candy,” according to Anne Bennett, Director of Nutrition at Tri-County Health Department. “Since we recommend that only commercially-wrapped treats be accepted by trick-or-treaters, serve other treats such as homemade goodies at parties and in your own home. Banana bread, apples and pie are some healthier alternatives to candy.

“Adults should inspect all candy wrappers, throw out any that look suspicious and insist that kids brush their teeth after eating sweets. Also, if you send kids out after a good meal, they will be less tempted to eat candy along the way,” Bennett adds.

Pets are especially vulnerable and should be kept indoors. The constant doorbell ringing can be very upsetting. Even the most mild-mannered dog can get snappy when confronted with screaming children in strange costumes, so don’t let children pet the dog without adult supervision. Keep pets restrained or with another person so that they don’t dart out the open door, or keep them safe in a closed room.

Chocolate and raisins are poisonous to pets, and foil or plastic candy wrappers can be dangerous if swallowed by curious cats and dogs, so keep the trash tightly closed.

Visit the Tri-County Health Department website at www.tchd.org for Halloween safety tips as well as additional health, safety and nutrition information.

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