

HAPPY HALLOWEEN!

From the BVPPH

October Health Tips - Halloween Safety

Happy Halloween everyone, and welcome to the October issue of our Monthly Health Tips. This month, we'll be discussing tips and tricks on how to stay safe during the holiday, from preparation for trick-or-treating, to how to stay smart and safe both during and after the candy haul is brought back home!

Preparation and Set-Up

Like any activity, fortune favors the prepared! Follow these tips and tricks to avoid common injuries as you get your and your kids' costumes set up in preparation for Halloween!

- Avoid decorative contact lenses without a prescription. The lenses might not fit your eyes properly and leave the eyes open to getting cuts and other injuries, which can seriously hurt or impede your vision
- If you're trying on new face-paint or make-up, try putting a little bit on a small part of your arm first. That way, you won't get a nasty surprise if it turns out you're allergic or sensitive to the paint
- Make sure your costume fits well and doesn't block your vision, to avoid trips and falls
- Get plenty of sleep the night before! 7 to 8 hours of sleep can help you stay ready and active
- Have a light snack before you head out trick-or-treating, so you're not tempted to snack on candy until you get home



ONE SIZE DOES NOT FIT ALL.

Decorative contact lenses without a prescription are NOT a good fit and can lead to these 4 nightmares:



www.cdc.gov/contactlenses



EYE SCRATCHES



EYE SORES



EYE INFECTIONS



VISION LOSS



After the Haul!

- Remember! Urge your kids not to eat any of their treats until they get home and you have a chance to inspect them!
- Tell your kids not to accept any treats that don't come in a sealed package
- When looking through your child's candy haul, look for any signs of tampering with the commercial packaging. If you see any discoloration, tears, pinholes, or any signs of tampering, throw them out. If anything looks suspicious, better to throw it out than risk it
- Make sure to check the labels on candy if your child has any allergies before letting them eat it
- For young children, make sure to remove any possible choking hazards, like peanuts, hard candies, or small toys
- Remember to brush your teeth before you head to bed!

Trick-or-Treat Tips!

- It's always a good idea to trick-or-treat as a group. Even better, have a responsible adult with your party at all times!
- Make sure everyone has a flashlight, and is wearing reflective clothing. You can make that a part of your costume, to help drivers see you on dark roads. You can apply reflective strips or tape to costumes or candy bags
- Whenever you can, stay on the sidewalk, or the far edge of the road facing traffic
- Always look both ways before crossing the street
- In case anyone gets lost or separated, make sure they have an emergency contact information card. A copy of the card is attached to this health tip!
- Costumes can be bulky, even if ill-fitting. It's best to walk, not run, between houses, to avoid trips and falls



Other Resources

- Emergency Backpack Card (PDF Version): https://www.cdc.gov/cpr/readywrigley/documents/15_259306-D_Backpack_Emergency_Card_EN_fillable.pdf
- Food Safety Tips: <https://www.foodsafety.gov/blog/halloween-treats-better-safe-scary>
- Halloween Safety Tips: <https://blogs.cdc.gov/publichealthmatters/2019/10/halloweentips/>

Have a Safe and Happy Halloween!



BACKPACK EMERGENCY CARD

It is important to have your emergency contact information with you in case of an emergency. Complete the cards below and keep one in your wallet and one in your child's backpack.

Cut Here

Fold Here

BACKPACK EMERGENCY CARD

Child's Name: _____
Date of Birth: _____
Home Phone: _____ Cell Phone: _____
School Name: _____
School Phone Number: _____
Special needs, medical conditions, allergies, important information:



DIAL 911 FOR EMERGENCIES

Parent/Guardian/Caregiver

Name: _____ E-mail: _____
Cell Phone: _____ Alternate Phone: _____
Text Okay: Yes ☐ No ☐ Employer: _____
Name: _____ E-mail: _____
Cell Phone: _____ Alternate Phone: _____
Text Okay: Yes ☐ No ☐ Employer: _____

Out of Town Contact

Name: _____ E-mail: _____
Cell Phone: _____ Alternate Phone: _____

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DIAL 911 FOR EMERGENCIES



CS259306-D



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention