

Have a safe Halloween!



Each Halloween, children look forward to dressing up as their favorite character or scary monster and hitting the streets to trick-or-treat. It is one of the most exciting holidays of the year – but it can also be the most dangerous.

It is important for parents to take some basic precautions to ensure that their children have a fun and safe night out. Holtz Children's Hospital and the Miami-Dade County Injury Prevention Coalition have some suggestions to make sure your Halloween is full of memories, not regrets.

Safety Tips

- Make sure your children understand the importance of walking on the sidewalk while trick-or-treating.
- Pick costumes that are bright or reflective, or carry a flashlight or lighted glow stick, which are visible to motorists. Never use candles, as they are fire hazards.
- To prevent falls, avoid wearing costumes that drag and shoes with high heels.
- Look for costumes, masks and wigs that are flame-resistant. Make sure masks allow for comfortable breathing and use non-toxic makeup.
- When accessorizing costumes with items such as swords, knives or guns, only use those that are made of soft material, not hard plastic, which can cause injuries.
- All children under 13 should be accompanied by an adult while trick-or-treating.
- If your kids are old enough to trick-or-treat without an adult, make sure they carry a cell phone in case they need to call home for any reason.
- Never trick-or-treat alone. There is safety in numbers.
- Choose neighborhoods with well-lit streets where other families will be trick-or-treating.
- Remind your children to walk from house-to-house and look both ways when crossing the street.
- Make sure children know never to enter a stranger's home or car to get their treats.
- Inspect all candy carefully. Any candy that is suspicious looking or has an open wrapper should be thrown into the garbage.
- Be careful with hard round candies and jawbreakers, which can be a choking hazard for younger children.



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For additional safety tips, visit www.HoltzChildrensHospital.org.