## HALLOWEEN SAFETY BY: Melissa Jeremiah, RN Director of Hoosier Uplands Home Health/Hospice

I'm sure that everyone wants to do all they can to have a safe Halloween. After reading this article

hopefully these safety tips will be incorporated into your night out, whether you are a child or adult. This article is also useful in preparing your home for trick or treat safety if you do not have young children, but are planning on handing out treats.

If you are planning on having a Halloween party, where alcohol is going to be served:

1. Have persons available to serve as designated drivers, do whatever it takes to stop someone who has had too much to drink from driving.

2. Never serve alcohol to anyone under the age of 21.

3. Be a responsible host, pretend everyone at your home is your 16 year old daughter, then act accordingly.

These are things you can do when preparing your home for trick or treaters:

1. Eliminate tripping hazards on your porch and walkway. Check around your property for low tree limbs, garden hoses and the like that may cause young children to trip and fall that are rushing

from house to house.

2. Consider fire safety when decorating. Do not overload electrical outlets with holiday lighting or special effects. Keep Jack O'Lanterns and lamps/candles away from drapes, decorations, flammable materials and areas where children will be walking.

3. Keep your pets in a separate area for the evening, as this evening can be frightful to them and cause them to behave in a threatening way.

4. Consider purchasing individually packaged healthy food alternatives (or safe non-food treats) for those who visit your home.

These are things you can do before Halloween is actually here, if your child is of trick or treat age

or a teenager:

1. Plan costumes for your children that are bright and reflective. Consider adding reflective tape to costumes and trick or treat bags for greater visibility.

2. Make sure that costumes are the right length to prevent falls.

3. Since masks can limit or block vision, non-toxic makeup and hats are safer.

4. When shopping for costumes purchase only those with a label clearly indicating they are flame

resistant.

5. Teach children how to call 9-1-1 if they have an emergency or become lost.

6. Make sure the flashlights you will be using for trick or treat have fresh batteries.

7. Openly discuss with your child appropriate behavior at Halloween, this should include a talk on vandalism, especially for teenage children.

8. Teach your children to never enter a stranger's home or car.

9. Teach your children to always walk, never run across the street.

10. Teach your children to never assume the right of way. Motorists may have trouble seeing trick or treaters. Just because one car stops, doesn't meat others will.

11. Teach your child to walk on the sidewalk or farthest edge of the road facing traffic, if there is no sidewalk.

These are things to do the night of Halloween, if your child is of trick or treat age:

1. Prepare a good meal prior to trick or treating to discourage youngsters from filling up on Halloween treats before returning home.

2. A parent or responsible adult should always accompany young children on their trick or treat rounds.

3. Make sure your children carry a flashlight, so they can see and be seen by others.

4. If your children are older, have them trick or treat in a group and review with them what is the acceptable route for them to follow.

5. Only go to homes with a porch light on.

6. Remind your children to never eat any treats until, they are checked by an adult at home.

7. Law enforcement authorities should be notified immediately of any suspicious or unlawful activity.

8. Keep treats up after Halloween and only put out a portion of them at one time.

The Los Angeles Fire Department webpage was used to obtain a portion of the above mentioned safety tips.