



Genesee County Health Department

Mark Valacak, M.P.H., Health Officer
Gary K. Johnson, M.D., M.P.H., Medical Director

Date: October 30, 2015
Release Date: For Immediate Release **End Date:** October 31, 2015
Contact: Brad Snyder, MPH
Community Health Analyst
Phone: (810) 768-7971
Re: Halloween Safety

Halloween can be a very fun time for children, who can dress up in costumes, enjoy parties, and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity, and focus on safety. On average, twice as many child pedestrians are killed while walking on Halloween compared to other days of the year. The Genesee County Health Department recommends using the following precautions to help make the festivities fun and safe for trick-or-treaters and party guests.

- Swords, knives, and similar costume accessories should be short, soft, and flexible.
- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.
- Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- Look both ways before crossing the street. Use established crosswalks wherever possible.

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Floyd J. McCree Courts & Human Services Building ♦ 630 S. Saginaw Street, Ste. 4 ♦ Flint, Michigan 48502-1540

Burton Branch ♦ G-3373 S. Saginaw Street ♦ Burton, Michigan 48529

Main Phone 810-257-3612 ♦ Visit us at: www.gchd.us

- Lower your risk for serious eye injury by not wearing decorative contact lenses.
- Only walk on sidewalks whenever possible or on the far edge of the road facing traffic to stay safe.
- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses.
Never accept rides from strangers.
- Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes

Halloween is one of the most anticipated nights of the year for children, let's keep it safe. For more information on how to keep Halloween safe and healthy for you children, visit:

www.cdc.gov/family/halloween or visit the Genesee County Health Department at: www.gchd.us.

Our motto is "Better Life Through Better Health".