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## **Tips to Avoid Tricks for Halloween Safety**

Fall is an exciting time of the year. Colors change with the season, nights become cooler and the sunsets are earlier and earlier. October is a fun month to celebrate these changes and children especially look forward to hayrides, pumpkin patches, and trick-or-treating.

This year consider these simple tips from the Center for Disease Control and Prevention (CDC) to keep safe on October 31<sup>st</sup>.

1. Costumes should fit well, be comfortable and allow easy movement, avoiding loose clothing that could cause a trip or fall hazard.
2. Accessories should be made of soft materials to avoid injuries to the child or others.
3. Face paint is a great alternative to a mask.
4. Glow sticks can provide light for young children and help drivers see them better.
5. Start early taking advantage of natural light.
6. Eat before you go so children are full and candy can be inspected before eaten.
7. Non-food items are great alternatives for treats.
8. Avoid treats that look like common medicines or vitamins.
9. Trick or Treat in neighborhoods in which you know the neighbors or have friends.
10. Trick or treat with a group and always have an adult with children.
11. Walk on sidewalks or the side of the road facing oncoming traffic.
12. Help children look both ways when crossing streets. Walk to avoid tripping or falling.

For more information, about trick or treating and Halloween safety follow this link to additional resources from the [Centers for Disease Control and Prevention \(cdc.gov\)](https://www.cdc.gov)

For more information about this or any other topic related to nutrition, food safety or health contact Holly Miner at [haminer@ksu.edu](mailto:haminer@ksu.edu) or call 620-331-2690.

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