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October 25, 2010

# WELLNESS WEEKLY

For many people, autumn events like Halloween are fun times to dress up, trick-or-treat, attend parties, and eat yummy treats. These events are also opportunities to provide nutritious snacks, get physical activity, and focus on safety. Below are tips to help make the festivities fun and safe for trick-or-treaters and party guests.

## *Going Trick-or-Treating?*

- S** Swords, knives, and similar costume accessories should be short, soft, and flexible.
- A** Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- F** Fasten reflective tape to costumes and bags to help drivers see you.
- E** Examine all treats for choking hazards & tampering before eating. Limit the amount of treats you eat.
- H** Hold a flashlight while trick-or-treating to help you see and others see you.
- A** Always test make-up in a small area first. Remove it before bedtime to prevent skin and eye irritation.
- L** Look both ways before crossing the street. Use established crosswalks wherever possible.
- L** Lower your risk for serious eye injury by not wearing decorative contact lenses.
- O** Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.
- W** Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- E** Eat only factory-wrapped treats. Avoid eating homemade treats unless you know the cook well.
- E** Enter homes only if you're with a trusted adult. Otherwise, stay outside.
- N** Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

## *Expecting trick-or-treaters or party guests?*

- Provide healthier treats for trick-or-treaters, such as individual packs of raisins, trail mix, or pretzels. For party guests, offer a variety of fruits and vegetables.
- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- Keep candle-lit jack-o'-lanterns and luminaries away from doorsteps, walkways, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.