

## **On the Trick or Treat Trail**

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down, be stay alert and keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.
- Only go to homes with a porch light on and never enter a home or car for a treat.
- Because pedestrian injuries are the most common injuries to children on Halloween, remind Trick-or-Treaters:
  - Stay in a group and communicate where they will be going.
  - Remember reflective tape for costumes and trick-or-treat bags.
  - Carry a cellphone for quick communication.
  - Remain on well-lit streets and always use the sidewalk when available. Again, if there are no sidewalks, walk facing traffic as far to the left as possible.
  - Never cut across yards or use alleys.
  - Don't assume the right of way. Motorists may have trouble seeing Trick-or-Treaters. Just because one car stops, doesn't mean others will!
- Law enforcement authorities should be notified immediately of any suspicious or unlawful activity.

## **Trick or Treat with an Adult**

- Children under the age of 12 should not be alone at night without adult supervision.
- If kids are mature enough to be out without supervision, they should stick to familiar areas that are well lit and trick-or-treat in groups.
- Review with children how to call 9-1-1 (or their local emergency number) if they ever have an emergency or become lost.

## **Keep Costumes Both Creative and Safe**

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision. Makeup should be tested ahead of time on a small patch of skin to make sure there are no unpleasant surprises on the big day.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.
- Hats should fit properly so they don't slide over eyes.
- If a sword, cane, or stick is a part of your child's costume, make sure it is not sharp or long. A child may be easily hurt by these accessories if he stumbles or trips.

## **Drive Extra Safely on Halloween**

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.

## **HOME SAFE HOME:**

- To keep homes safe for visiting trick-or-treaters, parents should remove from the porch and front yard anything a child could trip over such as garden hoses, toys, bikes and lawn decorations.
- Parents should check outdoor lights and replace burned-out bulbs.
- Wet leaves or snow should be swept from sidewalks and steps.
- Restrain pets so they do not inadvertently jump on or bite a trick-or-treater or run away.

## **HEALTHY HALLOWEEN:**

- A good meal prior to parties and trick-or-treating will discourage youngsters from filling up on Halloween treats.
- Consider purchasing non-food treats for those who visit your home, such as coloring books or pens and pencils.
- Wait until children are home to sort and check treats. Though tampering is rare, a responsible adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.
- Try to ration treats for the days and weeks following Halloween.

## **HALLOWEEN AND FOOD ALLERGIES:**

- Halloween can be tricky for children with food allergies. It's important that parents closely examine Halloween candy to avoid a potentially life-threatening reaction:
  1. Always read the ingredient label on treats. Many popular Halloween candies contain some of the most common allergens, such as peanuts or tree nuts, milk, egg, soy or wheat.
  2. If the ingredients aren't listed, arrange for a treat "exchange" with classmates or friends. Or, bag up the goodies your child can't eat because of an allergy and leave them with a note asking the "Treat Fairy" to swap them for a prize.
  3. Be aware that even if they are not listed on the ingredient label, candy is at high risk of containing trace amounts of common allergy triggers, because factories often produce many different products. Also, "fun size" or miniature candies may have different ingredients or be made on different equipment than the regular

size candies, meaning that brands your child previously ate without problems could cause a reaction.

4. Teach your child to politely turn down home-baked items such as cupcakes and brownies, and never to taste or share another child's food.

Sources: SafeKids.org, American Academy of Pediatrics

### **Links**

[SafeKids.org](https://www.safekids.org/)

[American Academy of Pediatrics](https://www.aap.org/)

[Cal OES For Individuals & Families](https://www.caloes.ca.gov/individuals-and-families/)