



**Northwestern
Health Unit**

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Halloween Safety Tips

In order to keep trick-or-treaters safe this Halloween the Northwestern Health Unit would like to remind children, parents and drivers of several Halloween safety tips.

Overwhelmed by the excitement of Halloween, children may forget simple pedestrian safety rules. They have a tendency to dart onto roads or driveways from unexpected places - the most common being between parked cars. Drivers need to take extra care on Halloween evening - reduce your speed, stay alert and avoid distractions while driving, and exit and enter driveways slowly and carefully.

Some additional tips parents can use for Halloween safety include:

- Costumes should be light-coloured, with reflective strips, and short enough to avoid tripping
- Keep children away from open fires and candles (costumes can be extremely flammable)
- Use face paint rather than masks or things that will cover the eyes
- Remind children to walk on sidewalks, not in the street
- Trick-or-treat along one side of the street first and then the other
- Bring along a flashlight
- Visit homes that have the porch light on
- Remind children not to eat their treats and goodies until they are examined by an adult at home.

Halloween is also a time to consider healthy food and drink choices. Model positive eating habits by offering trick-or-treaters candy alternatives like stickers, pencils, colouring sheets or 100% fruit juice boxes. Remember that high sugar, sticky treats can cause cavities. Limit sweet, sticky candies whenever possible and use proper tooth brushing and flossing after eating them. Not able to brush? Try to eat a piece of cheese, chew sugar-free gum or rinse your mouth with water.

For more information on Halloween safety visit www.parachutecanada.org or contact your local health unit office.

-30-

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