

Halloween Safety Tips from the Louisville Metro Health Department

Safe Costumes

- Costumes should be fire proof so they do not catch on fire.
- Look for “flame resistant” on store bought costumes.
- Costumes need to be light-colored and bright so you can be seen in the dark.
- Costumes should be proper fitting and short enough so that you do not trip.
- Wear comfortable, proper fitting shoes. High heels or shoes too big may cause falls.
- Use face paint or cosmetics instead of wearing mask. Masks are hot and can slip over your eyes, causing you to fall.
- When buying special Halloween makeup, check for packages containing ingredients that are labeled “Made with U.S. Approved Color Additives,” “Laboratory Tested,” “Meets Federal Standards for Cosmetics,” or “Non-Toxic.” Follow manufacturer’s instruction for application.
- Hats, scarves or wigs should be tied on so they do not slip over the eyes and mouth or fall off.
- Think twice before using simulated knives, guns or swords. If such props must be used, be certain that they do not appear real and are soft, and flexible to prevent injury.



Safe Treats to Eat

- **Do not eat any treats until you get home!**
- Eat a good dinner before going out so you will not be tempted to eat the candy.
- Carry a trick-or-treat bag with handles for your goodies.
- Adults must check all your treats and candy.
- Treats or candy that are unwrapped, have torn wrappers or small holes in the wrapper, and treats or candy that look like they have been rewrapped must be thrown away.
- Fruit should be washed, cut and checked for any objects before eating.
- Adults must check your treats for ingredients you may be allergic to, such as peanuts, other nuts, treats containing eggs and sulfites.
- All small treats such as hard candy, bubble gum, peanuts, and even small trick-or-treat toys must be kept away from your little brothers and sisters. They could choke on the small treats or toys.
- Have an adult or your parent call the police if your candy or treat looks like it may have something dangerous in it.



Safe Trick-or-Treating

- Dress for the weather. Wear a sweatshirt underneath your costume if it is cold.
- Make sure you or your child carries a flashlight, glow stick or has reflective tape on their costume to make them more visible to cars.
- Always Trick-or-Treat with a group of people that has an adult walking with you.
- Do not go to unfamiliar neighborhoods, stay where you know the people.
- Let your children know not to cut through back alleys and fields. Make sure they know to stay in populated places and don’t go off the beaten track. Stay in well lighted areas.
- Make sure the adult in your group has a flashlight to help you see at night.
- Only visit homes with front lights on. Homes with lights off do not want trick-or-treaters.
- Instruct your children to never go into the house of a stranger or get into their car.
- Walk on sidewalks at all times, use cross walks and remember to look both ways before crossing. A person driving a car has a hard time seeing little people running out into the street at night.

