

It's spooky season! Soon enough the kids will be throwing on their costumes and Trick-or-Treating to fill their bags with candy. With Halloween right around the corner, it is time to get prepared with these Halloween safety tips!

Trick-or-Treating Basics

Kids under age 12 should:

- Always go Trick-or-Treating with an adult
- Know how to call 911 in case they get lost or there is an emergency
- Know their home phone number or your cell phone number if you don't have a landline

Older kids who go out on their own should:

- Know their planned route and when they'll be coming home
- Carry a cell phone
- Go in a group and stay together
- Only go to houses with porch lights on
- Stay away from candles and other flames
- Know to never go into strangers' homes or cars

For all kids:

- According to Safe Kids Worldwide, the risk of kids being hit by a car is higher on Halloween than on any other day of the year. So make sure all kids:
 - Walk on sidewalks that have well lighted streets (never through alleys or across lawns)
 - Walk from house to house (never run) and always walk facing traffic when walking on roads
 - Cross the street at crosswalks and never assume that vehicles will stop
- Give kids flashlights with fresh batteries. Kids may also enjoy wearing glow sticks as bracelets or necklaces.
- Limit Trick-or-Treating to your neighborhood and the homes of people you know

When kids get home:

- Help them check all treats to make sure they're sealed. Throw out candy with torn packages or holes in the packages, spoiled items, and any homemade treats that weren't made by someone you know.
- Don't let young children have hard candy or gum that could cause choking.

For more information, please visit:

<https://kidshealth.org/en/parents/halloween.html>.