

# SAN LUIS OBISPO COUNTY HEALTH AGENCY



## *Public Health Department*

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## **MAKE HEALTHY CHOICES AND STAY SAFE DURING HALLOWEEN**

Autumn is here, and with it the beginning of the autumn holidays, including Halloween. County Health Officer Penny Borenstein urges residents to remember to make healthy choices throughout the season, and pay particular attention to safety during any trick-or-treating activities on Halloween.

Not all items that look like candy are candy, so make sure to check first. Better yet, avoid the candy people distribute all-together. Substitute some fruit snacks instead. Don't let your children gorge themselves on candy. This is a good opportunity to teach moderation -- spread it out over time or trade them for healthier items.

The following measures can help make Halloween safe and healthier for everyone:

- \* Make sure to trick or treat in groups, never let your child go alone.
- \* Make sure trick-or-treaters have flashlights and reflective stripes on clothing.
- \* Costumes should fit well, and masks should not obstruct a child's vision. Any accessories such as swords, knives or other similar items should be soft and flexible.
- \* Only walk on sidewalks and cross the street in crosswalks.
- \* Examine all candy before a child eats it. Look for signs of tampering or choking hazards.
- \* Never eat homemade treats made by strangers.
- \* Never enter the home of a stranger.
- \* Limit the amount of candy your child eats. Consider having your children trade the candy they collect for toys or other items.
- \* Try to give out healthy items for Halloween. Consider stickers, temporary tattoos or other items instead of candy.

Halloween is a great time to let yourself dress up and get spooky; just don't let the tricks get out of hand, or too many treats get into the mouths of children!

More information is available at <http://www.cdc.gov/family/halloween>.

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