

# Port Washington Police Department

## Halloween Health and Safety Tips

For many people, autumn events like Halloween are fun times to dress up in costumes, go trick-or-treating, and attend parties. These events are also opportunities to provide nutritious snacks, get physical activity, and focus on safety. **Port Washington's 2017 Trick or Treat hours are scheduled for Saturday, October 28, 2017, from 4:00 p.m. – 8:00 p.m.**

Check out these tips from the Department of Health and Human Services Centers for Disease Control and Prevention to help make trick-or-treat activities fun and safe for trick-or-treaters and party guests.

### *Going trick-or-treating?*

**S**

Swords, knives, and similar costume accessories should be short, soft, and flexible.

**A**

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

**F**

Fasten reflective tape to costumes and bags to help drivers see you.

**E**

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

**H**

Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

**A**

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

**L**

Look both ways before crossing the street. Use established crosswalks wherever possible.

**L**

Lower your risk for serious eye injury by not wearing decorative contact lenses.

**O**

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

**W**

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

**E**

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

**E**

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.

**N**

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.