

## **Trick OR Treat?**

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Are you going trick or treating for Halloween this year? If so, don't be tricked! Halloween is a popular holiday for people of all ages and abilities and is a day that has become focused on dressing up in costumes and eating candy (YUM!). Halloween's greatest dangers are not zombies, vampires or monsters but falls, costume issues and traffic accidents.

Here is a list of Halloween Safety tips to follow so you and your family are sure to have a very happy and safe Halloween:

- All costumes, wigs and accessories should be fire-resistant.
- Instead of wearing a facemask which can cover the eyes and make it hard to see, use nontoxic face paint instead.
- Young children should always be accompanied by a parent or responsible adult.
- If older children are going trick or treating without adult supervision, plan and review the route they will be taking and encourage children to stay in a group.
- Only go to homes with a light on and never enter a car or a home for a treat.
- Bring a flashlight and add reflective tape to costumes and Trick-or-Treat goody bags.
- Walk only on the sidewalks, not in the street. If there is no sidewalk available, walk at the edge of the roadway, facing traffic.
- Put your cellphone down, keep your head up and walk across only well-lit streets at the corner of the street.
- Do not cut across yards or use alleyways and do not cross between parked cars.
- Agree on a specific time when children should return home.
- Do not eat any candy until you return home and have a chance to inspect it first.
- If you are welcoming Trick or Treaters to your house, clear a pathway and the entrance or front yard of anything someone could trip over or that would stand in the way.

- Throw away any candy that is not fully wrapped and sealed or is homemade.

We hope that this helps you celebrate a very happy and safe Halloween!  
From all of us at Disability Independence Group, HAPPY HALLOWEEN!