

Have Fun on Halloween but stay Safe.

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Halloween is just around the corner. The festive holiday of Halloween, also known as All Hallows Eve, is not just for children. Adults can join in the fun of the Halloween festivities as well. But while it's important for people of all ages to have fun on Halloween, it's also important for adults, not just children, to be safe as well. I will provide a guide to make sure that even adults can be safe, while having fun, on Halloween.

Costume safety is just as important for adults as it is for kids. One of the costume safety tips is that, just like kids, adults need to be sure that their costumes are visible in the dark and/or are reflective. Another costume safety tip is make sure that costume you are wearing is not so long that you will trip over it or cause someone else to trip. When you try on your costume make sure that you are wearing the same shoes or boots that you will be wearing with the costume. If you have to shorten it but don't know how to sew you can use double-sided tape to easily shorten any item of clothing. A third costume safety tip for adults applies to women: Stiletto heels and wedge heels can look great with costumes, but also can be uncomfortable and sometimes unsafe. If you are going to wear heels that are higher than you normally wear practice wearing them around the house for a week or so before Halloween so that you get used to them. You should be able to easily walk, balance and run in the shoes that you are wearing with your costume. It's also a good idea to slip a pair of flat shoes into your handbag in case the heels become too uncomfortable to wear over the course of the night. Another tip would be to make sure your costume fits, because one size fits all costumes rarely actually fit. Take the time to tailor your costume for your body. Costumes that are fitted will be more comfortable and safer than ones that aren't. A hem, a few tucks here and there, and some other small alterations will make it easy to have a great time without worrying about wardrobe malfunctions causing injuries to you or to anyone else. A fifth tip, which is a very important one for adults is to don't forget your ID-- most people don't carry a purse or a wallet when they are wearing their Halloween costume. You should always carry some ID and a credit card or some emergency cash when you are going out on Halloween. You may need to get a cab home or have some other emergency that requires money and you should always have your ID. If your costume doesn't have pockets you can create a pocket inside your costume using a small square of fabric and double sided tape. You can also tape your ID and card inside your clothing to keep them secure. Just make sure that your ID and cash are as close to your body as possible to prevent them from falling out or getting stolen. Also, it's recommended and encouraged to wear makeup and hats instead of masks and don't wear decorative contact lenses unless you have seen an eye care professional and gotten a proper lens fitting and instructions for using the lenses. Experts warn that buying any kind of contact lenses without an examination and a prescription from an eye care professional can cause serious eye disorders and infections, which may lead to permanent vision loss. Despite the fact that it's illegal to sell decorative contact lenses without a valid prescription, such lenses are sold on the Internet and in retail shops and salons -- particularly around Halloween. These decorative lenses make the wearer's

eyes appear to glow in the dark, create the illusion of vertical “cat eyes,” or change the wearer’s eye color.

When driving on Halloween, make sure to keep an extra close watch for any trick-or-treaters or other pedestrians, stay alert and don’t give in to any distractions, and drive slowly and well below the speed limit, especially in residential areas. It’s also important to be very careful when starting the car, parking, or backing up, in order to make sure there are no children or other people behind or around your car.

When being a pedestrian on Halloween, even if you are not with the trick-or-treaters, it’s important to make sure to stay alert while walking around and wear reflective clothing or have a flashlight.

If you are an adult going to a party on Halloween, there are several things you need to know and make sure of. One of those things is an advisory for women: Never accept any drinks from anyone you don’t see making the drinks, or food from anyone that tries to give you food, as they can be spiked by a stranger. Another advisory for women is this: Never go anywhere or leave alone, always travel with a group; there is safety in numbers. AAA gives some warnings and tips, which include: Designate a sober driver in advance, and consider an overnight stay.

For those hosting a Halloween party at their homes, keep in mind not to overload electrical outlets when plugging in scary indoor décor and when it comes to setting up outdoor decorations, follow the manufacturer’s instructions to help avoid unexpected damage to your home or guests. It’s also recommended that when wanting to set up candles, whether for decoration or for Jack-o’Lanterns, make sure the candles are battery-operated candles, and not any candles that you have to light with a lighter or a match. And for people who host the party, AAA advises: Don’t let impaired guests drive.

Pet owners have to be careful as well. Pet owners should not leave their pets outdoors and unattended on Halloween night, should make sure their pet(s) don’t get fed any candy, make sure to keep pets away from trick-or-treaters, and make sure to keep pet(s) away from fire. And if you dress up your pet in a costume, make sure the costume is comfortable and safe.