Halloween Safety Tips

Following a few simple precautions can make it a safe and happy holiday.

Costume DO’s and DON’Ts

- Choose a light-colored costume or add glow-in-the-dark tape
- Don’t buy a costume unless it’s labeled “flame-retardant”
- Make sure hats, wigs, and beard don’t cover your child’s eyes, nose, or mouth
- Avoid oversized and high-heeled shoes, long or baggy skirts, pants, or shirtsleeves

Children under age 10 should never trick-or-treat alone

Older children trick-or-treating on their own should:

- Carry a cell phone, if possible
- Go in a group and stay together
- Only go to houses with porch lights on and walk on sidewalks on lit streets
- Know to never go into strangers’ homes or cars
- Cross the street at crosswalks and never assume that vehicles will stop
- Know when they are expected home
- Go to homes in your neighborhood or to homes of people you know

Check the treats

- Make sure treats are sealed and there are no signs of tampering, such as small pinholes, loose or torn packages, and packages that appear to have been taped or glued back together
- Throw out loose candy, spoiled items, and any homemade treats that haven’t been made by someone you know
- Do not allow young children to have hard candy or gum that could cause choking
- Keep track of how much candy your children collect and store it somewhere other than their bedrooms so you can set limits on how much they can eat

For more health tips, visit uclahealth.org/mattel