MCHD HEALTH BLOG

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Public Health
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MORGAN COUNTY HEALTH DEPT.

HEALTHY HALLOWEEN TIPS

One of the best parts of the fall season is Halloween! Fun costumes, trick-or-treating, apple bobbing, and more all make for great family memories. But did you know that common Halloween festivities may pose a few threats to your health and safety? Read on to see how you can protect your family from common illnesses this Halloween season.

- If your child is trick-or-treating, encourage them to eat a meal or snack before they head out. This can help prevent upset stomachs from happening if they were to snack on candy from their goody bags!
- Warn children not to accept or eat candy that isn't commercially wrapped. Candy that isn't commercially wrapped or looks as if it's been tampered with may be dangerous to eat. Throw away anything that looks suspicious.
- If you have a very young child, be sure to remove any choking hazards from their goody bag such as gum, peanuts, hard candies, or small toys.
- Bobbing for apples? Reduce the number of bacteria that might be on apples by thoroughly rinsing them under cool running water. You can also use a produce brush to remove dirt. Removing bacteria may help prevent food poisoning.
- If you are hosting a party at home, make sure to stay away from unpasteurized juice or cider, which can contain harmful bacteria such as Salmonella. Keep perishable foods bacteria-free by keeping them in the fridge until it's serving time. Make sure to return them to the fridge within 2 hours of sitting out on the counter.

If you would like to learn more about Halloween safety, especially food safety, visit www.foodsafety.gov