

OCTOBER 18, 2023

MCHD HEALTH BLOG

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Public Health
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MORGAN COUNTY HEALTH DEPT.



HALLOWEEN SAFETY TIPS

If Halloween is a part of your fall activities, now is the time to be picking out that costume and buying your candy! As you plan for making those great family memories, don't forget to keep these safety tips in mind to help protect the health and safety of your family.

- Wear a costume that is bright or add reflective tape to a costume to make it more visible.
- Make sure costumes are not so long you may trip on them and avoid masks that may make it difficult to see.
- Test any makeup you plan to use on a small area of your arm 24-48 hours prior to your event. If any redness or irritation develops, do not use it.
- Avoid wearing contact lenses that appear to change how your eyes look as these put you at risk for eye injury.
- Encourage your child to eat a meal or snack before they head out. This can help avoid the temptation to eat those treats before they have been inspected.
- Have an adult check all candy at home after your event before eating it. Look for tears in wrappers, pinholes or anything unusual. Throw away anything that looks suspicious. Also remove any choking hazards for young children such as hard candies, small toys, peanuts and gum.
- 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.