

Halloween Safety Tips from WA State Department of Health

<https://www.doh.wa.gov/Newsroom/SpecialTopics/HalloweenSafety>

Halloween will look a little different this year because of COVID-19. Get together should be smaller. We are discouraging the traditional trick or treating and encouraging people to find new and creative ways to celebrate Halloween while still protecting family and friends from the risk of getting COVID-19. [Tips for a Safer Halloween](#).

Halloween can be a real treat. The trick is to make sure Halloween is both fun and safe! Twice as many children are killed while walking on Halloween as on other days, according to [Safe Kids USA](#). Only one in three parents talks about Halloween safety with their kids.

Here's how to stay safe even when it's a dark and stormy night with ghosts and goblins around every turn.

Before going out:

- Be sure masks fit securely and don't obstruct a child's vision.
- Put reflective tape and stickers on costumes and treat bags, so drivers can see youngsters easily.
- Give trick-or-treaters flashlights to find their way in the dark (and find the goblins in the way).
- Sturdy shoes are important on dark, wet streets. Even for little princesses, mom's high heels aren't a good idea.
- Use face paint or cosmetics instead of masks. Test makeup on a small area of skin first to make sure it doesn't cause irritation.
- Make sure costumes are flame resistant and short enough to avoid tripping.
- Be sure the swords, knives, and other costume accessories are soft and flexible.
- Don't use decorative contact lenses (the ones that make you look like an otherworldly creature) unless they have been fitted and prescribed by an eye specialist. [Halloween eye safety](#)
- Remind children to not eat candy until it has been inspected at home. [Halloween food safety](#)
- Feed children healthy dinners so they'll be less likely to gorge on treats.

Safety away from home:

- Make sure an adult accompanies children on their trick-or-treating rounds.
- Children should enter and exit the car on the curbside, away from traffic.
- Walk; don't run.

- Don't dart into streets; cross streets only at intersections and crosswalks. Stop, look left, look right, then left again before crossing.
- Never enter a stranger's home or car.
- Only go to homes where a porch light is on.
- Avoid houses where you see or hear barking or aggressive dogs.
- Don't eat any treats until you get home. Though tampering is rare, an adult should closely examine all treats and throw away any spoiled, unwrapped, or suspicious items.

Make sure your house is safe for visiting trick or treaters:

- Remove obstacles from sidewalks and paths such as garden hoses, toys, bikes, and lawn decorations.
- Replace burned-out porch lights.
- Keep candlelit jack o'lanterns away from where little ghouls might tip them over or get burned. Clear wet leaves from sidewalks and steps.
- Keep dogs away from the door and other places where people will gather.
- Think about handing out healthier treats such as individual packages of raisins, trail mix, or pretzels.

Find more information on child safety on [our Children's Health and Safety website](#).