

# BE HALLOWEEN Safe

Halloween is a fun, and spooky, time of year for kids. Make trick-or-treating safe for your little monsters with a few easy safety tips.



Sparky® is a trademark of the NFPA.

## Halloween Fire Safety Tips

- »» **When choosing a costume**, stay away from long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough so they can see out.
- »» **Provide children** with flashlights to carry for lighting or glow sticks as part of their costume.
- »» Dried flowers, cornstalks and crepe paper catch fire easily. **Keep** all decorations away from open flames and other heat sources like light bulbs and heaters.
- »» **Use** a battery-operated candle or glow-stick in jack-o-lanterns. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, fireplace-style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn and far enough out of way of trick-or-treaters, doorsteps, walkways and yards.
- »» **Remember** to keep exits clear of decorations, so nothing blocks escape routes.
- »» **Make sure** all smoke alarms in the home are working.
- »» **Teach children** to stay away from open flames including jack-o-lanterns with candles in them. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice, stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)

If your children are going to **Halloween parties** at others' homes, have them look for ways out of the home and plan how they would get out in an emergency.

### Did you know?



Decorations are the first thing to ignite in **900** reported home fires each year. Two of every five of these fires were started by a candle.



Your Source for **SAFETY** Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

[www.nfpa.org/education](http://www.nfpa.org/education)

# Halloween Health and Safety Tips

**S**

Swords, knives, and similar costume accessories should be short, soft, and flexible.

**A**

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

**F**

Fasten reflective tape to costumes and bags to help drivers see you.

**E**

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

**H**

Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

**A**

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

**L**

Look both ways before crossing the street. Use established crosswalks wherever possible.

**L**

Lower your risk for serious eye injury by not wearing decorative contact lenses.

**O**

Only walk on sidewalks whenever possible or on the far edge of the road facing traffic to stay safe.

**W**

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

**E**

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

**E**

Enter homes only if you're with a trusted adult.

**N**

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

**For more information about these tips, visit: [www.cdc.gov/family/halloween](http://www.cdc.gov/family/halloween)**

Office of Women's Health • 770-488-8190 (phone) • [owh@cdc.gov](mailto:owh@cdc.gov) (e-mail)

U. S. Department of Health and Human Services  
Centers for Disease Control and Prevention





## Consejos Para Halloween "Mind Your Munchkins"

- Mantenga encendidas las luces dentro y fuera de su casa para darle la bienvenida y proteger a los trick or treaters.
- Sea amigable pero, no invite a los trata-or-treaters a pasar a su casa. Usted no querría que sus hijos entraran a casa de gente desconocida.
- Sea creativo: confeccione un disfraz utilizando maquillaje en vez de una máscara. Si usa una máscara, asegúrese de que los agujeros para los ojos sean lo suficientemente grandes para poder ver completamente.
- Los disfraces deben ser de colores claros y/o decorados con cinta reflectora que brille bajo los faros de un automóvil. Las bolsas o sacos también deben ser de colores claros o estar decoradas con cinta reflectora. Usualmente, esta cinta reflectora se encuentra disponible a la venta en ferreterías y tiendas de artículos deportivos y de bicicletas.
- Los disfraces, las máscaras, las barbas y las pelucas deben estar hechas de materiales resistentes al fuego como por ejemplo, el nylon o el poliéster. Revise que todos los elementos de los disfraces tengan una etiqueta que diga: "Flame Resistant (Resistente al fuego)." Los materiales resistentes al fuego resisten llamas y deben extinguirse rápidamente.
- Los disfraces deben ser ajustados ya que, los fantasmitas y duendes; por ejemplo, pueden tropezarse y caerse si sus disfraces arrastran el suelo.
- Decore, decore, decore...pero, mantenga las velas, luminarias y linternas de calabaza lejos de la entrada y peldaños de su casa para evitar que los disfraces rocen las llamas.
- Siempre acompañe a sus pequeñines en su ruta para pedir golosinas. Considere tener una fiesta con decoraciones de Halloween para sus pequeñines y sus amigos.
- Si sus hijos de mayor edad salen a pedir golosinas sin estar acompañados por un adulto deben de salir en grupo siempre y usted debe saber la ruta que seguirán.
- Asegúrese que las golosinas que usted ofrezca estén envueltas y cerradas.
- También, inspeccione cuidadosamente las golosinas de sus hijos antes de que empiecen a disfrutarlas.
- Recuérdele a sus hijos los consejos de seguridad cotidianos...no te subas a automóviles de gente desconocida, no entres a la casa de personas que no conozcas y respeta las señales de tránsito – luz verde: camina, luz roja: para y mira hacia la derecha y hacia la izquierda antes de cruzar una calle.
- Mantenga toda su comunidad segura reportando cualquier actividad sospechosa a la policía marcando 9-1-1.