



# TIPS ON TREATS...

- Have the child eat a good dinner before setting out to trick-or-treat. This will make it easier to avoid eating too much candy.
- Instruct your child to bring all candy home to be checked before eating. Tampering is rare but unfortunately it still happens.
- Health food alternatives for Halloween include packages of low-fat crackers with cheese filling, single serve boxes of raisins, and single serve packets of low-fat popcorn that can be microwaved later.
- Non-food treats include plastic toys, stickers, coins, and trading cards.
- Unless you know and trust the source of the food, discard any item that is home-made or unwrapped.
- Check the wrappers of commercial treats for evidence of tampering.
- Wash all fruit before eating. Cut fruit into small bite-size sections before eating.
- Call the police if there is evidence of tampering of any food item.



## Who is affected?

The Centers for Disease Control (CDC) showed that during 1975-1996, the number of deaths among young pedestrians was four times higher on Halloween evening when compared with the same period during all other evenings of the year. Halloween poses special risks for the young. For example, most of the time children spend outdoors is typically during daylight hours. However, Halloween activities often occur after dark. Children going 'Trick-or-Treat' frequently cross streets at mid-block, rather than at corners or crosswalks, putting them at risk for injury.

**Do not overestimate children's street-crossing skills!**



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*In Service to the citizens of  
Navajo County*

**NAVAJO COUNTY PUBLIC HEALTH DISTRICT**

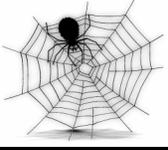


# SAFETY TIPS

**FOR PARENTS,  
CHILDREN, AND  
HOMEOWNERS  
TO MAKE  
HALLOWEEN A  
SAFE EVENT  
FOR ALL**



Information provided  
by your  
Navajo County Public Health District

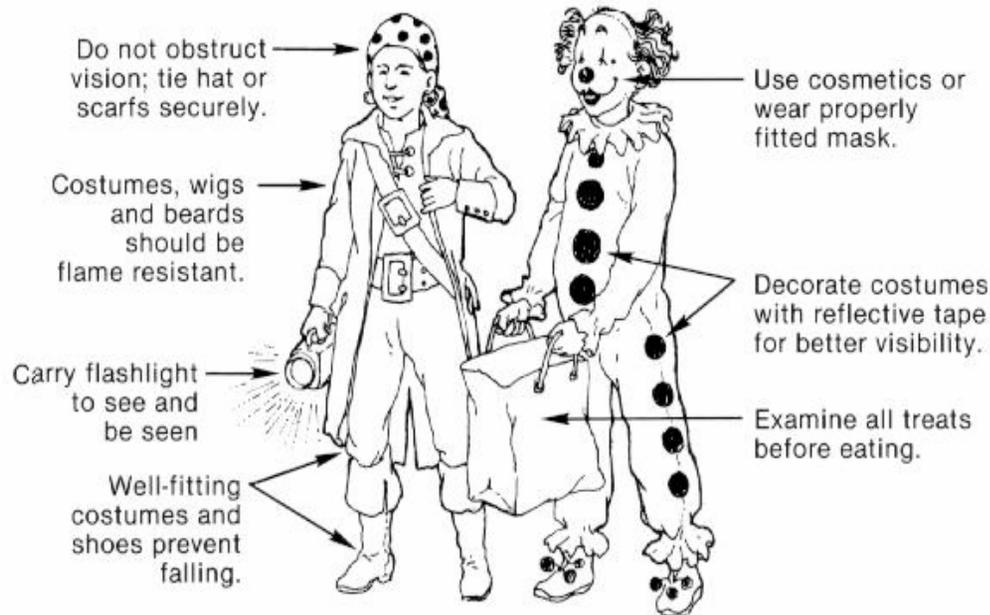


# TIPS FOR TRICK OR TREATERS . . .

- Set a time limit for your children to ‘Trick-or-Treat.’ Designate a specific route for them to take. An adult or responsible teen should accompany young children.
- Never ‘Trick-or-Treat’ alone. Have at least two buddies go together.
- Carry a flashlight or glow stick and use it so drivers can see you and you can see hazards in the streets as well as other people.
- Cross only at street corners, never between parked cars, and never diagonally across an intersection. Look in all directions before crossing & obey traffic signs.
- Do not take rides from strangers. Do not take short cuts through backyards, alleys, or parks. Only go to lighted houses and never to the back door.
- Do not go into a stranger’s home. Remain on the porch or steps at all times.
- Do not eat any treats until an adult has had time to inspect them.



# HOW TO PICK YOUR COSTUME . . . .



# TIPS FOR HOMEOWNERS

- Welcome the little ghosts and goblins with your porch lights “ON.”
- Monitor your streets to discourage speeding motorists, acts of mischief, and crimes against children,
- Report any suspicious or criminal activity to your police immediately.
- Do not give homemade or unwrapped treats to children.
- Make sure your yard is clear of ladders, hoses, dog leashes, and flower pots. All watchdogs should be secured.
- Use battery-powered jack-o-lanterns.
- If you use candles, place them well away from pathways.
- Make sure yard decorations won’t blow into candles.

# PET OWNERS . . . .

- Leaving pets outside on Halloween is not a good idea. There are malicious people who tease, injure, steal, and even kill pets. Keep dogs and cats inside.
- As much as your dog or cat may beg for Halloween candy, remember that chocolate and sugar can be harmful to your pet.