

Living Safely

with disabilities and special health needs

Halloween Safety



Children's
Specialized Hospital®

An RWJBarnabas Health facility



Although accidents can occur at any time, the hectic nature of Halloween increases the risk for accidental injuries to trick-or-treaters and their families.



Halloween Walking Safety

I cross the street at corners, using traffic signals and crosswalks. I look left, right and left again when crossing and keep looking as I cross.

When crossing the street, I put electronic devices like phones away and keep my head up as I walk or roll. I don't run across the street.



I always walk or roll on sidewalks or paths. If there are no sidewalks, I walk facing traffic as far to the left as possible.



I watch for cars that are turning or backing up. I never dart out into the street or cross between parked cars.

I watch for curbs, broken sidewalks, and other hazards.



Halloween Costumes

I decorate costumes and bags with reflective tape or stickers and, if possible, I choose light colors.



I choose face paint and makeup whenever possible instead of masks, which can make it hard for me to see.



I carry glow sticks or flashlights to help me see and help me be seen by drivers.



When selecting a costume, I make sure it is the right size to prevent trips and falls. I need to be aware of wearing things around my neck that could get caught on something.



Halloween Candy

I need to inspect the candy that I get. I make sure the candy has not been opened.

I need to make sure the candy is candy and not cannabis edibles or other inedible item like a small toy.



Pets

I need to be aware that Halloween candy can poison my pet.

I need to keep chocolate, cocoa, candy and anything sugarless (contains an artificial sweetener) out of their sight and reach.

If any of these items are swallowed, I need to get help quickly and contact my vet or animal poison control. These products can be toxic causing vomiting, diarrhea, seizures, or even death depending on the item and the amount (or dose) that was swallowed.

For more Living Safely resources, visit www.rwjbh.org/cshlivingsafely

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities. Portions of this resource have been adapted from Safe Kids Worldwide (www.safekids.org) and the New Jersey Poison Information and Education System (www.njpies.org).

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