

Living Safely

with disabilities and special health needs

Halloween Safety



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

Cross the street at corners, using traffic signals and crosswalks.



When crossing the street, put electronic devices like phones away and keep your head up as you walk or roll.

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Don't run across the street.



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



Watch for cars that are turning or backing up. Never dart out into the street or cross between parked cars.



Watch for curbs, broken sidewalks, and other hazards.

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Halloween Costumes:

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



Choose face paint and makeup whenever possible instead of masks, which can make it hard for you to see.



Carry glow sticks or flashlights to help you see and help you be seen by drivers.



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

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Candy:

Inspect the candy that you get. Make sure the candy has not been opened.



Make sure the candy is candy and not a cannabis edible or other inedible item like a small toy.



Pets:

Be aware that Halloween candy can poison your pet. You must keep chocolate, cocoa, candy and anything sugarless (contains an artificial sweetener) out of their sight and reach. If any of these items are swallowed, get help quickly and contact your 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.

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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